

## SAY GOODBYE TO FASTING BLOODWORK!

Multiple studies have shown that fasting is not really necessary for most bloodwork. As a result if you are getting routine bloodwork in Dr Singh's office such as cholesterol or an A1C (3 month blood sugar average) level you no longer have to fast! We may still ask you to fast for at least 3 hours prior to a stress test so that you are not running on a full stomach. Caffeine products should also be avoided if you are having a Lexiscan nuclear stress test. If you are not sure what to do don't hesitate to call us and enjoy a healthy breakfast!



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## ROME BOUND!

The largest gathering of heart specialists in the world is the European Society of Cardiology. This year's annual meeting will be in ROME, ITALY. Dr. Singh (with very little arm twisting) has agreed to be there to get the latest information on advances in heart disease. It's one of the reasons why Atlanta Heart Specialists remains a leader in delivering state of the art care to our patients!

## DIABETES, DRUGS...and DENYING DEATH!

One of the greatest challenges in diabetes has been finding drugs that not only improve sugar but also improve outcomes such as reducing heart attacks, stroke, heart failure and death. Drugs such as **sulfonylureas and glitazones** can actually do harm while drugs such as **insulin and the DPP4 inhibitors** are neutral. Only **metformin** improved survival. Last year the first of a new class of diabetic drugs – SGLT2 inhibitors showed benefit. **Empagliflozin (Jardiance)** reduced heart failure by 35% and death by 33%. Last

month another class of medications **GLP-1 agonists** also showed a survival benefit. **Liraglutide (Victoza)** given as a once daily injection reduced heart attacks by 12% and death by 15%. These agents are costly and should always be used after optimizing diets and exercise. For patients with diabetes this is great news, worth a discussion with your doctor! Also Dr Singh's research team is participating in clinical trials looking at similar drugs to see if they also provide the same benefit. Please call the office if you are interested in participating!