

REDUCE YOUR WAIT TIMES!

No one likes to wait but it almost seems the norm in doctor's offices. Dr Singh who was recently recognized by Vitals with the "On time Doctor" Award for 2014. Although the nature of cardiology is such that emergencies arise and delays can occur, at AHS our goal is to minimize your wait times. The entire team strives to get you seen, tested and treated in a timely manner. We encourage you to use our online resources to fill out the new patient and followup forms. If you are going to be late please contact the office or e-mail Crystal.



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San Diego Bound!

Dr. Singh will be attending the American College of Cardiology meeting later this month. He will be presenting new information related to the use of blood thinners in atrial fibrillation.

At the same he will be listening to the results of major clinical trials and bringing home this knowledge for his patients ensuring that they receive the most up-to-date care!

Technology and your heart!

Later this month Apple will release its highly anticipated iWatch. While the device has many cool features one of its most disruptive technological features is the ability for individuals to gather much more information about their health and well-being. You will soon have the ability to monitor heart rate, heart rhythm patterns, body temperature, sleep patterns, level of activity, distance walked, eventually even blood glucose and other measures of metabolism. Many other competitor devices are also offering similar information. It

is important to understand that much of this technology has not been fully validated. In fact the iWatch and iPad Health Kit is currently being tested at the Mayo Clinic. In the interim, it is important that the information you gather from these types of devices be discussed with your health care professional to ensure that it is being interpreted in the right context. At AHS we believe in empowering our patients with knowledge about their heart. For more information please view my latest article at MyForsyth.com or stay updated through our website.