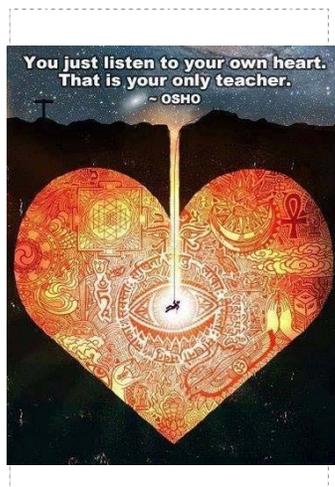


Dr Singh and Delta are often synonymous. Later this month he will be travelling again to beautiful Vancouver to present a research paper at the Canadian Cardiovascular Congress. The study showed that when it came to the 4 life saving therapies for heart attack patients - aspirin, beta-blockers, statins and ACE inhibitors only 81% of patients were adequately treated and over 1 year in 18% of patients adherence worsened. Gender, ethnicity and prescribing physician all influenced patient adherence to these drugs. Better education on the role of these inexpensive meds is needed!



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PURPLE PALOOZA

On Saturday October 11th Dr Singh and AHS Research will participate in this fun filled tradition in Cumming, GA. Please drop by our booth from 10 AM- 3 PM for a free blood pressure check, informative articles and a chance to win a \$100 gift certificate!

Ebola and Influenza-Viruses in Perspective !

As I looked away while getting my annual flu shot I saw the TV monitor flashing the latest Ebola virus update. TIME magazine made it the cover story this week. No doubt this is a deadly virus, a scary epidemic for West Africa and a growing threat for the rest of the world. We need to take proper precautions, be vigilant about potential risks and have a high index of suspicion over the 21 day incubation period. It is transmitted through contact with infected bodily fluids not through the air. At the same time we need to pay greater attention to the more

common viruses, mainly influenza. Each year in the US there are over 1000 influenza related death and as many as 37000 influenza influenced deaths. Unfortunately the vaccine was falsely linked to Autism and ALS. The vaccine is not for everyone and does not offer full protection but all cardiac patients should consider it. In the meantime, boosting your immune system, daily exercise, quality sleep and antioxidant rich foods will go a long way towards protecting you from all viruses!