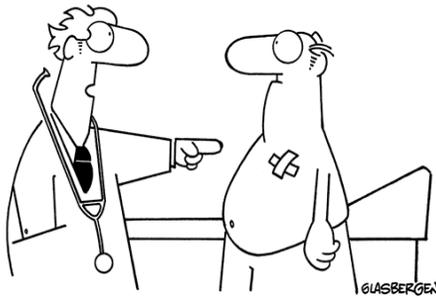


STAFFING CHANGES ABOUND

It has been a busy year at the Cumming office with many staff changes. Sam Cadogan has successfully transitioned to becoming a clinical research coordinator at the Tucker site. Joyce Alvarez has moved to a Urology practice. We are pleased to have Nisha Prabhu be my lead medical assistant. My manager, Crystal Richards will be going on a short maternity leave this summer! We are fortunate to have our summer clinical intern Anna Reganall help provide some administrative support during this time. Many other babies are due this summer ...but amidst the excitement our goal is always to ensure easy access & quality care to all our patients!

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"Whenever your cholesterol gets too high, a sensor will send out a signal that automatically locks the kitchen door and turns on your treadmill."



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A new look - Website

Please visit

www.heartdrsingh.com if you have not done so recently. We hope the new site will be easier to navigate and provide you simple access to my educational articles, appointment bookings, patient portal, and location maps. It is also an easy way to download forms that need to be filled out with each visit. We also welcome your suggestions on what the website should have next!

Hypertension Guidelines Changed

This past year our national health societies have changed hypertension guidelines that have made 30 million more Americans hypertensive! Are you one of them? The new definition of hypertension is a systolic (top number) BP > 130 or a diastolic (bottom number) BP >90. Since hypertension is a silent killer it is important to have your blood pressure checked periodically. There are many home monitors that are now available and accurate. Arm readings are better than the wrist. There are lots of dietary and activity measures that can be taken to bring down blood pressure. If that is not successful then a number of inexpensive drugs are available through your doctor to optimize your blood pressure!