

July brings about many more changes to the office with my office manager Crystal Richards and front desk Receptionist Katie and eventually Lynae our Nuclear Technologist all going on maternity leave!

We also welcome Kayla Pelkey as the newest Medical Assistant to join my team. She will be working at both the Cumming and Johns Creek offices in my clinics.

July will also see the departure of Kati Raynes my senior research coordinator who will join Abbott as a Field Clinical Engineer. We wish her great success but will miss her expertise and leadership which has helped grow our research program since its inception at Atlanta Heart Specialists!



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WE ARE MOVING

By mid September , we hope to be moving into the 1400 Bldg – attached to the main hospital. We hope the bigger office space will allow us to better meet all your health care needs.

Please visit

www.heartdrsingh.com

We hope the new site will be easier to navigate and provide you simple access to my educational articles, appt bookings, patient portal, and location maps.

KNOWING YOUR NUMBERS

Cardiologists give out a lot of numbers but there are four you should know and update regularly.

BMI (body mass index based on height and weight)– less than 27 is great, 27-30 is overweight 30-40 is obese and > 40 is morbid obesity

LDL (bad cholesterol) – less than 70 is ideal, 70- 100 is good, 100- 130 needs dietary attention > 130- may need meds

A1c (3 month average glucose control) - less than 5.7% is normal 5.7- 6.5% is prediabetes, greater than 6.5% is diabetes

EF (ejection fraction- how well the heart pumps blood)- greater than 60% is normal, 40-60% mild weakness, 20-40% moderate weakness- may need meds and defibrillator <20% severe weakness- may also need an assist device or transplant