

As of July 1<sup>st</sup> 2020 Dr Singh will be relocating his practice. It will be called **NSC Cardiology** and work in affiliation with **North Atlanta Heart and Vascular Center**.

We will have two locations very close to the current offices so that we make it easy to maintain continuity of care.

**Main office in JOHNS CREEK** – 5400 Laurel Springs Parkway, suite 1401, Johns Creek, GA, 30024

**Shared office in CUMMING** – 1400 Northside Forsyth Dr, suite 340/380 Cumming, GA, 30041

Please call **770-887-3255** to rebook any future appointments. You will need to sign a medical record release for record transfers. If any issues you may also call Crystal at **561-386-5576** or Email [crystal@nsccardiology.com](mailto:crystal@nsccardiology.com)



## OFFICE INFO

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### Telemedicine

**We understand that with the coronavirus pandemic many of you are hesitant to venture out. While in person visits are still preferable and often necessary ...many other issues plus reviewing tests results can safely be done with telemedicine in the comfort of your own home. Call us to set up so you can download needed apps and instructions**

**COVID-19 Heart Update.** As this pandemic affects millions of people around the world, we are learning more about its effects on the heart. The inflammation caused by the virus increases the risk of a heart attack and in hospitalized patients will worsen survival. The virus can also damage the muscles of the heart directly with a condition called myocarditis. We are also seeing an increased risk of blood clots in hospitalized patients leading to pulmonary embolism (clots travelling to the lungs).

These findings reemphasize the importance of prevention especially in those with angina, heart failure or arrhythmias who fall into the **high-risk category**. Even as shelter in place restrictions are lifted, minimize social contact, wear masks in public, and practice good hand washing hygiene. Equally important is to continue to take your cardiac medications and maintain your heart check-up appointments. If you are having any cardiac symptoms, please don't delay assessments out of fear.

It is very important to strengthen the immune system with regular exercise, stress relief, quality sleep and a diet rich in fresh fruits and vegetables.