

## CLINICAL RESEARCH PROGRAM

More than any specialty in medicine, cardiology owes its success to an impressive array of clinical trials that have brought us wonder drugs such as beta blockers, statins, ACE inhibitors, and wonder devices such as stents, pace-makers and ICD's. Trials serve to better determine how tomorrow's treatment strategies will be employed.

Dr Singh is pleased to offer you an opportunity to participate in clinical research. His affiliated research group is already recognized nationally and internationally as a leading enrolling center and for its outstanding contribution to the advancement of cardiovascular medicine.

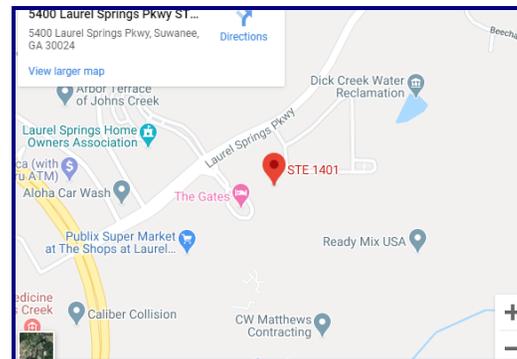
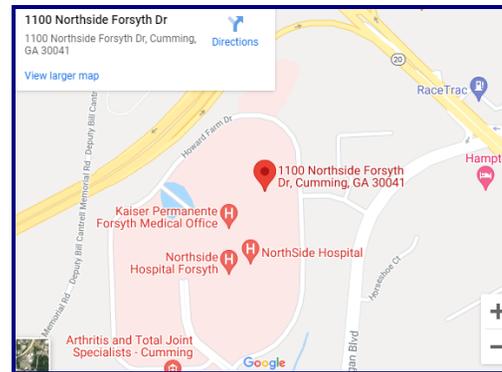
Dr Singh has accrued over 30 years of clinical trial expertise in both the United States and Canada. Through the diligent efforts of our highly talented team of certified clinical research coordinators, we ensure your participation takes place in an enjoyable, safe, caring and comforting environment and with all travel costs covered.

Please feel free to discuss with your doctor the possible benefits of participation in a clinical trial. Currently, all trials are conducted through the Cumming and Johns Creek offices. Our research nurses may also approach you to consider participating in a trial if they determine that you are eligible.

### Why should I participate?

- You gain access to a promising investigational treatment before it is widely available.
- You can help in the development of medical treatments that may help others in the future.
- You may benefit from an alternative course of treatment that you or your physician might not otherwise have known about.
- You will have access to expert medical care during the trial free of charge with a travel stipend.
- Generally patients in clinical trials do better than those in routine clinical care because of the close supervision regardless of which arm you are in.
- You will be seen more often through dedicated research coordinators, which may help identify any health concerns sooner.

For more info call (678) 507-0838  
or email us at [info@nscresearch.org](mailto:info@nscresearch.org)



[www.heartdrsingh.com](http://www.heartdrsingh.com)

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## Patient Experience Guide



Dr. Narendra Singh  
at  
NSC Cardiology



[www.heartdrsingh.com](http://www.heartdrsingh.com)

Cumming Location  
Office –678-845-8960  
Johns Creek Location  
Office– 678-208-0165

## Welcome to NSC Cardiology...

*We are pleased that you have chosen to come here! DURING AN OFFICE VISIT WITH DR. SINGH you will meet an exceptional team dedicated to providing you the best cardiovascular care possible!*

### FRONT DESK—RECEPTION ROOM

Upon arrival you will be asked to fill out “New Patient” paperwork. This can be done online - [www.heartdrsingh.com](http://www.heartdrsingh.com) and can take up to 45 minutes. If you are an existing patient you will be asked to fill out a “follow-up patient” form every 3 months or after any hospitalizations. We will also ask for your insurance card at the initial visit and on your first visit of subsequent years. Payment options and privacy rules will also be discussed.

### MEDICAL ASSISTANTS

Upon completion of paper work a Medical Assistant will measure your weight, waist, and vitals. They will then review your history, past surgeries, allergies and medications. If your visit requires an EKG (usually every 3 months) we will do it.

### THE DOCTOR or NURSE PRACTITIONER

You are now ready to see Dr. Singh. Dr. Singh or his Nurse Practitioner will now review your notes, talk with you, perform a physical exam and determine if any additional testing will be needed. He may also discuss research opportunities that are available to you. Please be sure to ask any questions you may have. You will remain in the room if any bloodwork is needed. You will also be provided with articles and information relevant to your diagnosis.

### MEDICAL ASSISTANTS / CHECK OUT

If you do not require any further testing a medical assistant will enter any orders/tests that may be prescribed. Make sure you have refills and new prescriptions filled. We will usually send directly to your pharmacy.

You will then check out, make payments, and schedule any future tests and appointments. Make sure prior to your departure you have a follow up appointment card and a summary of your visit today.

### FEEDBACK

We want to ensure that all your needs were met. If you have any concerns about the visit please ask to talk with Crystal Richards—Dr Singh’s Practice Administrator. She can help with any concerns or direct you to the appropriate person. If you are pleased with the care we would be grateful if you would post a positive review on various electronic media such as GOOGLE, FACEBOOK, HEALTHGRADES, and VITALS.

### FOLLOW-UP VISITS

Follow-up visits vary in duration. They can be as simple as a quick blood pressure check or long with multiple tests. Please call in advance of your appt to check if you need fasting bloodwork or test preparation.

### PHONE CALLS, TEST RESULTS and HOSPITAL AFFILIATIONS

In general Dr Singh cannot return phone calls but all info is relayed to him via the medical assistants. You can also E-mail him directly for non-urgent matters at [DrSingh@nsccardiology.com](mailto:DrSingh@nsccardiology.com). Please call us if you have not heard from us! Dr Singh works mainly at Northside Forsyth, Emory— Johns Creek, and Northside Duluth.

### IF YOU REQUIRE ADDITIONAL TESTING....

We will first determine the cost, and get approval from your insurance company. In general same day testing is no longer allowed unless an emergency. Testing can be done at either location with the exception of Nuclear testing which is done at the Johns Creek location only. If test results are normal they can be called to you but ALL abnormal test results require another telemedicine or office visit to review in person.

## COMMON CARDIOVASCULAR TESTING AT NSC Cardiology....

### Exercise Stress Testing Average time (45 min)

To determine the presence of significant coronary artery disease (blockages in the arteries supplying the heart itself), stress testing is routinely performed. Besides determining the presence or absence of coronary artery disease, stress testing is also used to assess a patient’s exercise capacity and to evaluate for exercise-induced arrhythmias.

### Nuclear Cardiac Stress Imaging Average time( 3 hours)

Generally, nuclear stress testing is more accurate than regular exercise stress testing. In addition to walking on a treadmill, isotopes such as thallium, Cardiolite or Myoview are given to you intravenously. These agents are taken up by the heart muscle through its own dedicated arteries, enabling imaging of blood flow to the heart tissue. If there is a significant blockage in an artery, then that territory of heart muscle will show reduced uptake of the isotope.

### Lexiscan Nuclear Stress Imaging Average time( 3 hours)

For patients who are unable to exercise, a pharmacological stress test is performed. Agents such as adenosine, regadenoson, and dobutamine are used to chemically stress the heart. Similar to exercise nuclear stress testing, isotopes are injected and images are obtained at rest and after stressing the heart.

### Echocardiography Average time( 45 min)

An echocardiogram is an ultrasound examination of the heart. It is a very powerful diagnostic tool and can give very accurate information regarding heart size, structure, valves and ejection fraction.

### Vascular Ultrasonography Average time( 45 min)

Vascular ultrasonography refers to a variety of diagnostic ultrasound examinations performed on blood vessels more distant from the heart. These include carotid duplex ultrasonography, peripheral arterial duplex ultrasonography, and lower extremity venous duplex ultrasonography. Vascular ultrasound is a noninvasive way to detect and assess the severity of circulatory problems such as blood clots and aneurysms.

### Holter and Event monitors Average time( 30 min)

If you have fainted or have palpitations these monitors can be worn for 24 hrs or up to 4 weeks to try and capture the heart rhythm event.