

## SUPPORT SANSAR

Dr. Singh is on the Board of Directors at SANSAR. SANSAR (South Asian Network Supporting Awareness & Research) is a non-profit organization that is committed to promoting cardiovascular health for the South Asian population through community awareness, research, education, and clinical initiatives. Our South Asian physicians provide culturally-specific counseling and medical advice, so you can take action in your own life and reduce your risk. Preventing CAD, the leading cause of heart attacks, is the main focus of SANSAR. SANSAR offers multiple programs to get patients on track to living a heart-healthy lifestyle.



Dr. Singh is actively designing and conducting independent research on the cardiovascular risk and disparities in access to care amongst South Asians. He is devoted to caring for and reducing the cardiovascular risk South Asians face. There is much to be done! To broaden the scope of our initiatives, we look for your support. Please consider donating to SANSAR.

Charitable ID#: 847 821 634 RR0001

### Ways to Donate:

- Donor wall (levels starting at \$1,000)
- Monthly giving donation plan (start at \$25)
- Leave a Legacy (Estate Planning)
- Donate online directly through

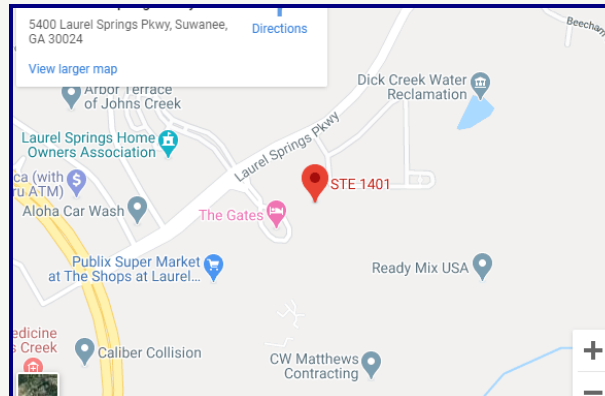
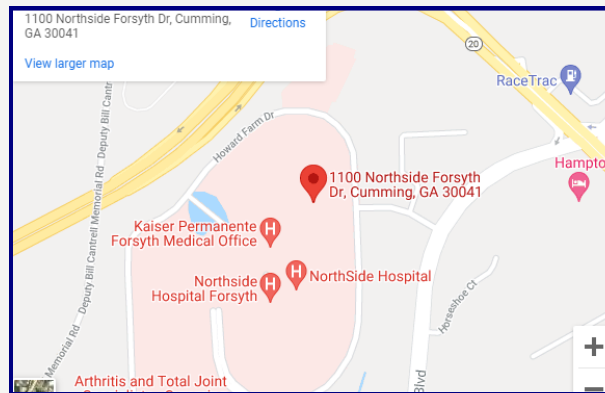
<http://sansar.org>

For more info go to <http://sansar.org>

or contact [admin@sansar.org](mailto:admin@sansar.org)



Top Cardiologist 2017



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# South Asian Heart Disease



Dr. Narendra Singh  
at  
NSC Cardiology

Dr. Singh is a Fellow of the American College of Cardiology, American Heart Association, Royal College of Physicians Surgeons of Canada, and the Canadian Cardiovascular Society. He is a recognized international leader in understanding the specific cardiovascular risks and management strategies most appropriate for South Asian patients. Dr Singh also speaks Hindi.

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

Cumming Location

Office— 678-845-8960

Johns Creek Location

Office— 678-208-0165

## South Asian Heart Risk

**Did you know every minute, more than one person in the United States dies from a heart-disease related event, and South Asians are at a higher risk than any other ethnic group?**

South Asians are individuals whose ethnic roots originate from the India subcontinent, a large geographic area that includes India, Pakistan, Sri Lanka, Nepal, and Bangladesh. South Asians represent one fifth of the global population.

People from South Asian countries are at a much higher risk for developing cardiovascular disease compared to any other population. This includes anyone who was born in these countries, as well as having ancestry from these countries.

Coronary artery disease (CAD) is a type of heart disease that develops when plaque builds up inside the arteries of the heart. This build-up can cause a heart attack.

CAD is **PREVENTABLE** and your risk for developing it can be reduced by living a heart-healthy lifestyle. Smoking, high blood pressure, high cholesterol, obesity, stress, a diet low in fruits and vegetables, and having diabetes are all factors that increase the risk for developing heart disease. Identifying your risk is the very important first step!

South Asians are **4 times more likely** to develop cardiovascular disease than the general population.



**We're taking this number to heart.**

## Dr. Singh's Clinic

Dr. Singh is a recognized global leader in care and management strategies most appropriate for South Asian patients. Dr. Singh is equipped with an impressive array of skills and expertise to help provide the highest quality of care and prevention.

Within our clinic, the goal is to provide comprehensive cardiovascular risk screening to people of South Asian ethnicity. We believe that by providing early intervention we can help to reduce the risk of developing heart disease and diabetes. We provide ethnic appropriate sensitive screening, education, counseling, prevention, and treatment.



### Key Publications:

- **South Asians and Cardiovascular Risk. What Clinicians Should Know.**  
- *Circulation*, 2006.
- **Clinical Characteristics of South Asian patients hospitalized with heart failure.**  
- *Ethnicity and Disease*, 2005.
- **Atherosclerotic cardiovascular disease in South Asians in the United States: epidemiology, risk factors, and treatments: a scientific statement from the American Heart Association**  
- *Circulation*, 2018.

## South Asian Patient Checklist

The cardiovascular risk in South Asians begins at a very young age. Becoming aware of your risk early is a very important first step. Our clinics can help you identify your risk and reduce it.

**Are you a South Asian male over 30 years or a female over 40 years?**

**If yes, do you have any of the following?**

- Diabetes
- High blood pressure
- High cholesterol
- Obesity / overweight
- Smoking history
- Direct relatives with early onset heart disease (parent, sibling, child before age 65)

If you answered yes to any of the following qualifications, you may be at risk for heart disease. You can contact NSC Cardiology at 678-208-0165 for more information or to schedule an appointment with Dr. Singh.

### Primary Care Physicians-

Please consider an early risk assessment referral for South Asians in your practice. You can expedite care for urgent referrals through Dr. Singh's Practice Administrator— [crystal@nsccardiology.com](mailto:crystal@nsccardiology.com)

**TOO MUCH CHOLESTROL IN YOUR BLOOD INCREASES YOUR RISK.**  
GET TESTED TO LEARN YOUR TOTAL CHOLESTROL (GOOD HDL) AND BAD (LDL) CHOLESTROL AND TRIGLICERIDES.

**PHYSICAL INACTIVITY BOOSTS YOUR RISK EVEN IF YOU HAVE NO OTHER RISK FACTORS.**  
AIM FOR 2.5 HOURS OF MODERATE - INTENSITY AEROBIC ACTIVITY PER WEEK.

**SMOKERS ARE UPTO 6 TIMES MORE LIKELY TO SUFFER HEART ATTACKS.**  
DON'T SMOKE, AND IF YOU DO, QUIT!

**ARE YOU AT RISK FOR HEART DISEASE?**

**MAINTAIN A HEALTHY WEIGHT.**

**HIGH BLOOD PRESSURE GREATLY INCREASES YOUR RISK.**  
GET TESTED, REDUCE YOUR SODIUM INTAKE AND STAY ACTIVE.

**DIABETES PUTS YOU AT INCREASED RISK FOR HEART DISEASE.**  
YOU CAN LOWER YOUR RISK BY KEEPING YOUR BLOOD GLUCOSE CLOSE TO THE RECOMMENDED TARGET NUMBERS.