

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, pacemakers 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.

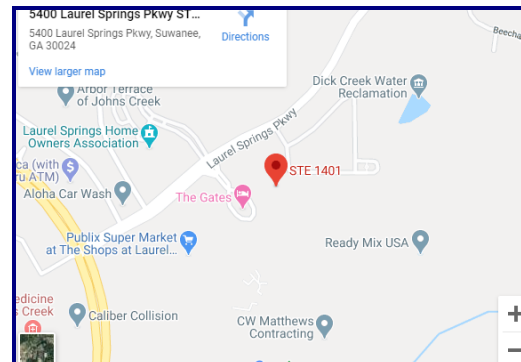
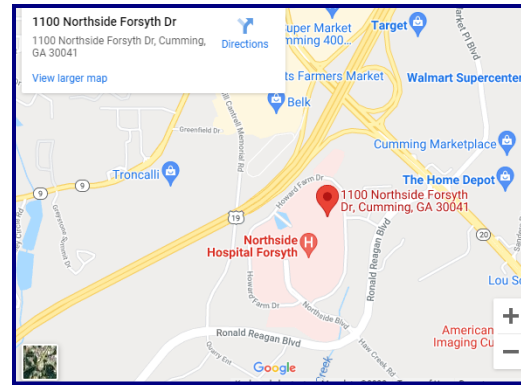
Dr Singh has accrued over 30 years of clinical trial expertise in both the United States and Canada. Through the diligent efforts of our highly talented team of certified clinical research coordinators, we ensure your participation takes place in an enjoyable, safe, caring and comforting environment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



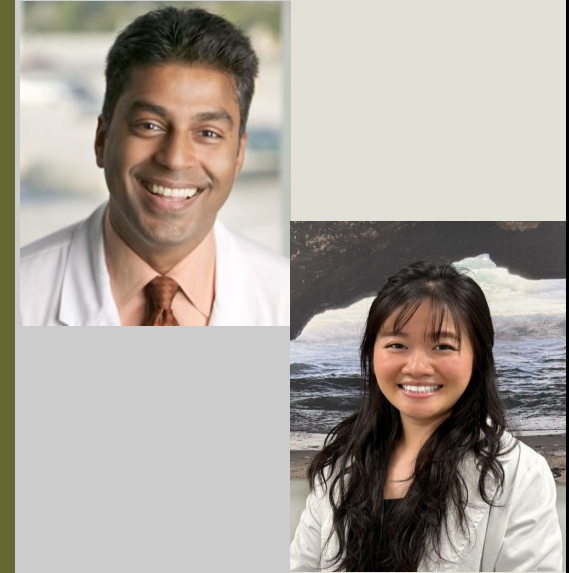
www.heartdrsingh.com

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Johns Creek Location Phone # 678-208-0165
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Heart Protection Prevention Package



Narendra Singh MD
Tina Nguyen NP
at NSC Cardiology



www.heartdrsingh.com

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

Welcome to NSC Cardiology... Heart Protection Prevention Program

Heart disease remains the leading cause of death in the United States but with early detection and proper preventative lifestyle changes and timely therapeutic interventions we can reverse this trend.

Unfortunately current insurance plans often do not cover preventative visits and make it cumbersome to get assessments done in a timely manner.

NSC Cardiology is pleased to offer a heart protection prevention package that will help identify your specific risk for heart disease.

The annual package can usually be administered in two steps.

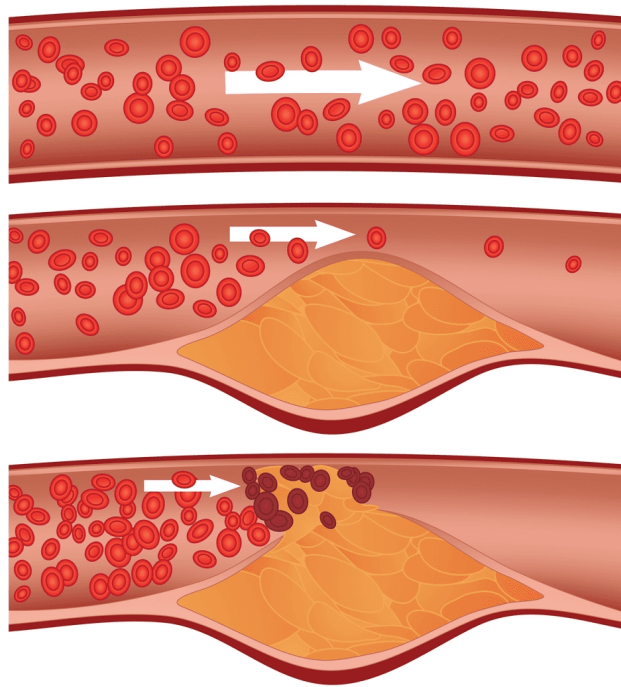
Step 1—health questionnaire, blood work, and a vascular screening study to look at your carotid arteries, abdominal aorta, heart valves, and peripheral circulation. A stress test will also be performed.

Step 2— a coronary calcium score (done off premise) followed by personalized recommendations and a summary assessment by Dr. Singh will be performed.

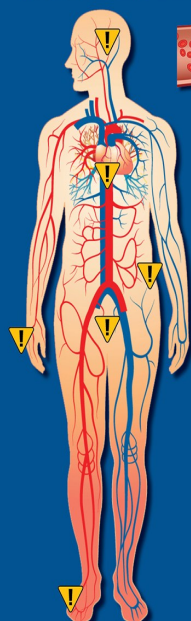
In addition, during the year participants will receive access to in person lectures by Dr. Singh, Tina Nguyen NP, and a team of culture specific dieticians, counselors and exercise therapists.

In subsequent years if a coronary calcium score is not needed the package will replace this with 48 hour monitor to assess for rhythm disturbances of the heart.

Entire package is offered at \$900 and can be paid in up to 3 installments.



The Warning Signs of Clogged Arteries



When cholesterol particles build up in the arteries, they form plaques that narrow the path for blood flow. Narrowed arteries strike all areas of the body and can lead to pain and discomfort and ultimately result in heart attack.

- ▼ **Stroke:**
Plaque that accumulates in the carotid arteries, which carry blood to the brain, can result in stroke.
- ▼ **Fatigue and Dizziness:**
Reduced oxygen from poor blood flow can result in dizziness and extreme fatigue, especially in women.
- ▼ **Shortness of Breath:**
Reduced blood flow can lead to shortness of breath.
- ▼ **Chest Pain:**
Chest pain, or angina, results from reduced blood flow to the heart. Angina can be felt as pressure, numbness, tightness, squeezing, or burning.
- ▼ **Lower Back Pain:**
When blood flow to the lower back is reduced, the disks between the vertebrae become fragile, which can result in painful pinched nerves.
- ▼ **Erectile Dysfunction:**
Narrowed arteries to the genitals can cause sexual dysfunction.
- ▼ **Painful, Numb, or Cold Hands and Feet:**
Plaque in the arteries leading to the arms and legs can result in painful, numb, and cold extremities.

PhysiciansCommittee
for Responsible Medicine

PCRM.org/HeartHealth

About Dr Narendra Singh MD FRCPC FCCS FAHA FACC

Dr Singh graduated in the top ten of his class from Dalhousie Medical School in Halifax Nova Scotia and went on to complete a residency and cardiology fellowship at the University of Toronto. He practiced for 8 year in Toronto at Rouge Valley Health System- Centenary site. He has previously been director of Scarborough Cardiology Research, cofounder of the GTACC organization, and also past National Secretary of the Canadian Cardiovascular Society.

He moved to Atlanta in 2002. He was a partner with Northside Cardiology PC and subsequently joined with Atlanta Heart Specialists, LLC, for 10 years. In July 2020 he formed NSC Cardiology and NSC Research where he is Director of Clinical Research.

He has been a Lecturer at the university of Toronto, Clinical Assistant Professor at Emory University and now Clinical Assistant Professor with the Medical College of Georgia at Augusta University and the College of Health Professions at Mercer University. Dr Singh is currently a director with CCRN- Canadian Collaborative Research Network and SANSAR – a national health charity focused on South Asian Heart Disease.

Dr Singh is a Fellow of the American College of Cardiology, American Heart Association and Royal College of Physicians and Surgeons of Canada and the Canadian Cardiovascular Society. Dr Singh has been a site investigator in over 150 national and international trials. He actively designs and conducts independent research. He has published extensively on topics ranging from acute coronary syndromes, health outcomes, disparities in access to care and South Asian heart disease.

Since 2007 he has been on the Marquis Who's Who in Medicine publication list. He has won a number of local top doctor awards. In 2011 Dr Singh was awarded the Georgia Chapter American College of Cardiology Distinguished Service Award. He enjoys teaching and is a highly sought after international speaker.

Dr Singh's practices patient centered, evidence based, holistic care. His goal is to empower patients with the knowledge to take charge of their health.