

## National Guidelines aim for lower LDL cholesterol

**New ACC/AHA Guidelines** just released this month now recommend bringing LDL cholesterol to less than 55 in many individuals with established cardiovascular disease. Please check with our team and see if you need adjustments to your medication.

**Telephone follow-up**-if you are tired of taking time off work, driving long distances and having to wait in our offices just to review test results we do offer telemedicine follow-up from the comfort of your home. This is available **free to Medicare patients** and for just \$75 cash/credit card payment for other insurance plans.

**SELF PAY** -With the rising cost of healthcare insurance many people are opting for high-deductible plans. In such cases, going through your insurance for testing may be very expensive. **We offer self-pay rates for patient visits and cardiac testing that are among the lowest in the city.** These rates are published on our website and in our waiting room. Please note however that if you proceed with self-pay testing, it must be paid in advance and cannot be charged back to insurance at a later date. On the other hand, testing can often be done all in one day, **saving not only money but also time!**

**HEART PROTECTION**- consider the gift of life by offering **someone you love** this prevention package. Identifying risk early allows one to make the necessary changes. The package includes a stress test, vascular imaging, rhythm analysis, coronary calcium score, blood tests, along with a 10 year and lifetime risk score. **No insurance is needed for this \$900 package that can be paid in up to 3 installments.** Results are reviewed with Dr Singh. *This program is not recommended for individuals having symptoms which can be addressed promptly by our office team.* To book your screening visit please call the office at 678-208-0165.

## EXCITING NEW RESEARCH TRIALS!

**Hypertension and heart disease**-a twice a year injection can potentially help control blood pressure and reduce adverse cardiovascular events

**Weight loss not enough** -if you have been on full dose semaglutide or tirzepatide and your weight is unchanged over the last 6 months and new compound may help you lose additional weight

**Preventing heart failure in diabetics** -a new blood pressure medication can potentially reduce your risk of heart failure

**Blood thinners and atrial fibrillation** -a new injectable blood thinner can potentially reduce the risk of bleeding while still protecting against strokes

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