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Hamilton Cardiology Associates is Pleased to Welcome Dr. Zohair Raza!

Dr Raza was born in Qatar and completed his medical school at the Aga Khan University, Pakistan. As far back as he can recall, Dr Raza “always wanted to do the toughest thing, and to me medicine was the toughest thing”. Dr. Raza is an avid soccer and cricket player which in his youth translated into opportunities to further his sporting career. He completed his medical residency at Penn State in Hershey, PA.



Zohair Raza, MD

During his training he found cardiology to be most appealing, due in large part to its multidimensional foci including prevention, critical care, imaging, and physics to name a few. He completed his Cardiology fellowship in Vermont, and despite his athleticism he would not be found on the ski slopes during that period of time, thanks to a torn ACL!

Newsletter Team

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After Fellowship, Dr Raza worked as an Attending Cardiologist at Baystate Medical Center, in MA. Dr. Raza is happily married to his beautiful wife Fatima who is currently an internal medicine resident at Harlem Hospital. Dr Raza is currently residing in both New York City and Hamilton, NJ. When he is not working or commuting, he enjoys cooking and makes a fantastic kung pao chicken. He also enjoys playing with his X Box 1, when his wife allows it, and follows many sports teams, including the Miami Dolphins football team, the Miami Heat basketball team, and Manchester United football club.

Dr Raza is excited to settle in Mercer County and his goal is to help in working with the community in the early detection and treatment of cardiovascular disease.

Enjoy a Delicious and Heart-Healthy Cup of Sweet Potato Turkey Sausage Soup



Sweet Potato Sausage Soup - Makes 6 Cups

INGREDIENTS

- 3 tablespoons olive oil
- 1 1/4 pounds peeled sweet potatoes
- 1/2 pound Turkey sausage, crumbled, or pulsed in food processor if link sausage
- 1 cup chopped onions
- 1 1/2 teaspoons minced garlic
- 1/4 teaspoon cayenne pepper
- 1 quart chicken broth
- 1/2 cup heavy cream
- 3/4 teaspoon salt
- 2 tablespoons chopped fresh chives

DIRECTIONS

1. Preheat oven to 400 degrees F.
2. Coat the sweet potatoes with 1 tablespoon of the oil and place in a small baking dish. Place the baking dish in the oven and roast the sweet potatoes for 50 minutes to 1 hour until tender.
3. Heat a 1 gallon stockpot over medium-high heat and add the remaining 2 tablespoons of oil.
4. Add the sausage to the pot and sauté stirring constantly, 5 to 6 minutes. Use a slotted spoon to remove the sausage and drain on a paper-lined plate. Set aside until ready to use.
5. Add the onions and sauté until softened, 3 to 4 minutes. Add the minced garlic to the pot and cook, stirring, for 30 seconds. Add the cayenne pepper and chicken stock to the pot and bring to a boil. Reduce the heat to a simmer.
6. Add the roasted sweet potatoes to the soup and stir. Simmer for 10 minutes, then blend with handheld blender. Stir in the heavy cream. Season with the salt and if necessary more pepper. Garnish with the cooked sausage, chopped chives and serve.



Hamilton Cardiology Associates is Pleased to Welcome Dr. Bruce Wilson!

Dr Wilson was born and raised in New Orleans, Louisiana where he lived for most of his childhood. He moved to Charlotte, North Carolina for high school, later returning home to attend Xavier University of Louisiana, where he majored in Biology/Pre-med. After college, he obtained a Master's Degree in Public Health and Tropical Medicine prior to beginning his medical training at Indiana University, in Indianapolis, Indiana.

Initially interested in Plastic Surgery, Dr Wilson soon changed his course early on after switching to Internal Medicine and discovering the field of Cardiology, noting "It was the one that made sense. I liked the why, the how, and the procedures being done. I felt at home." After medical school, he completed his internship and residency in Chicago. What started as a difficult climate adjustment morphed into a great love of the city and the development of his favorite recreational activity of bike riding along beautiful Lake Shore Drive. Dr Wilson eventually returned, once again, to his home town of New Orleans, this time to complete his Cardiology Fellowship at Ochsner Hospital. As he begins his career at Hamilton Cardiology Associates, Dr Wilson would like to focus on preventative health and the treatment of obesity. He continues his favorite hobby of bike riding, this time along the Hudson River in New York City and is interested in trying his first Triathlon in the near future. He also enjoys gardening and restoring furniture in his free time. He is thrilled to join the Hamilton Cardiology Team, stating "my goal is to be a valued asset to my patients, the staff, and the entire HCA organization".



Bruce Wilson, MD

Hamilton Cardiology Associates is Pleased to Welcome Dr. Zia Rab!

Dr. Rab was born in Karachi, Pakistan. At the age of thirteen, he moved to the United States and settled in upstate New York with his family. Following in the footsteps of his father, a civil engineer, Dr. Rab naturally decided to pursue engineering and computer science as an undergraduate student in Binghamton University. After taking physics and physiology classes, Dr. Rab became fascinated by the intricate design of the human body and started to develop an interest in the medical field. He sought exposure in the medical field, and shadowed an Interventional Cardiologist in the catheterization lab, thus igniting his interest in cardiology. He then continued in this path, attending medical school at SUNY Upstate Medical University in Syracuse, NY and Residency at Montefiore Medical Center in Bronx, NY. Throughout his training, his interest in Cardiology persisted, and he completed his Cardiology Fellowship at North Shore- Long Island Jewish School of Medicine, followed by completing his Interventional Cardiology Fellowship at Westchester Medical Center in Valhalla, NY.



Zia Rab, MD

As he considered his career options post Fellowship, Dr Rab wanted to stay close to his extended family but also become a part of a strong team with a strong skill set, which he feels is a perfect description of Hamilton Cardiology Associates. Dr. Rab seeks to achieve mastery of percutaneous interventional techniques in the management of heart disease and peripheral vascular disease. He is propelled by the drive to be an expert in his field and strongly believes that "whatever I do, I want to do well." He enjoys the mix of cardiology services provided to our patients, including interventional as well as noninvasive cardiology. Dr. Rab derives great satisfaction from interacting and connecting with his patients.

When he is not in the cardiac catheterization lab or caring for his patients, Dr. Rab enjoys spending time with his wife, whom he met in medical school, and their three sons. He enjoys an active lifestyle playing basketball, cricket and soccer and also outdoor activities like hiking and camping. He is particularly looking forward to returning to his training in martial arts, an activity he picked up in his college years and for which he also earned a Tae Kwon Do scholarship.

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