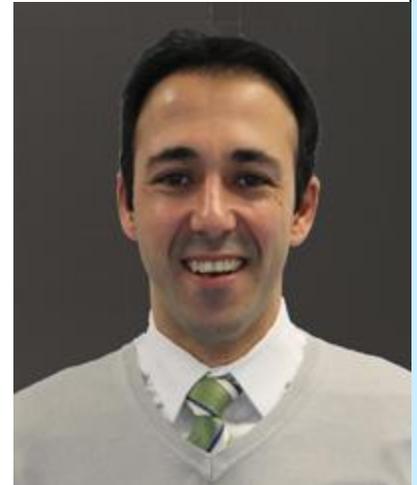


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Hamilton Cardiology is Pleased to Welcome Bora Toklu, MD

Hamilton Cardiology is pleased to welcome Bora Toklu, MD. A graduate from the Hacettepe University Medical School, Dr. Toklu completed his residency at New York University Medical Center. Dr. Toklu also completed a preventive cardiology fellowship at the NYU Medical Center, where he gained expertise in the management of hypertension, cholesterol and healthy lifestyle. His general cardiology fellowship was completed at Mount Sinai Heart at Mount Sinai Beth Israel Hospital, where he obtained clinical expertise in the areas of nuclear cardiology, echocardiography, vascular ultrasound and cardiac catheterization. Dr. Toklu is board certified in Cardiology, Nuclear Cardiology, Hypertension and Clinical Lipidology.



In addition, he obtained a the Master's Degree in Public Health at the George Washington University. Through his training in preventive cardiology and public health, Dr. Toklu has come to appreciate the importance of modifiable lifestyle factors that predispose oneself to cardiovascular disease such as diet, exercise habits, and work-life balance. Dr. Toklu has incorporated this knowledge into his day-to-day practice of medicine and hopes to help his patients walk away with the same knowledge.

Growing up in Turkey, Dr. Toklu comes from a very big close-knit family that lived close to each other making daily tea or coffee stop-by a common occurrence. Dr. Toklu and his wife credit the close family ties in making them the compassionate people they are today and are most thankful for these ties.

Dr. Toklu enjoys finding time to keep his mind and body active through weekend hikes with his wife and reading the most recent advancements in medicine. With that being said, Dr. Toklu would appreciate any recommendations on new hiking trails close to the area!

Dr. Toklu is excited in building life-long relationships with his patients, their families, and colleagues at Hamilton Cardiology and looks forward to putting his roots down and being a staple in the local area!

Attention Medicare Recipients

By now you should have received your NEW Medicare Card. This is a friendly reminder that the transition period is ending as of 12/31/19, after which your old card will no longer be valid or accepted. Please remember to bring your NEW card to all of your appointments in 2020!

If you did not receive your new Medicare Card, Call 1-800-MEDICARE (1-800-633-4227), or sign into your www.MyMedicare.gov account to request one. If you do not have an account yet, visit www.MyMedicare.gov to create one



An Aspirin a Day.... Or Not?

First introduced over 100 years ago, Aspirin's benefit to prevent cardiovascular events has been touted since the 1950s. However, the long-held belief that an aspirin day keeps the doctor away was challenged this past year when a string of studies led to a change in this long held belief.



These studies showed that taking an aspirin for pure preventive reasons did not provide a major benefit in otherwise healthy senior citizens WITHOUT a heart disease or stroke history. Doing so may cause more harm than good for those who have never experienced a heart related event. However, in patients WITH a prior history of heart disease or stroke, there are major benefits to taking a daily aspirin. So what is the bottom line? The decision to take this seemingly benign over-the-counter medication is complicated, so before you make any medication changes, talk to your cardiologist!