Hamilton Cardiology ASSOCIATES

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HCA's 2017 New Year Resolutions

Happy New Year!! 2017 is finally here!! That means it's time to make New Year's Resolutions to help ensure that we make the upcoming year even better than the last. Some consider making personal improvements, a lifestyle change, or even a pledge to try something new. New Year resolutions give us the opportunity to make sure the year ahead is a great one! Here are some resolutions that we at Hamilton Cardiology have made for 2017:

1. **Keep healthy habits.** Exercise regularly and stick to a heart-healthy diet.
2. **Lose Weight.** Shed those unwanted pounds so that you can feel and look your best.
3. **Stay positive.** Smile more, look for the good in people, and always try to end on a positive note.
4. **Take the initiative.** Be the first one to say hello, or make plans with old friends.
5. **Take a chance.** Try something new, make a new friend, or travel somewhere you've never been.
6. **Keep things tidy.** Get organized and reduce clutter, it will increase your productivity.
7. **Take more pictures.** Capture the moments before they pass.
8. **Quit bad habits.** Make this the year you finally quit smoking, drinking, or nail-biting.
9. **Take up a new hobby.** Try a new sport or craft this year.
10. **Spend more time with loved ones.** Cherish every moment spent with family and friends.

We welcome you to join us in carrying out these resolutions throughout the year!

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Exciting News! More Doctors and Additional Services Coming to Our Princeton Office!

Happy New Year! In an effort to maintain the highest level of quality and convenience for our patients, Hamilton Cardiology's Princeton office will be open for extra office hour days during the week. We will have a general cardiologist available several days each week, and we will have an Electrophysiologist available every other Friday. Additionally, we now offer cardiac diagnostic testing in our Princeton office, including : echocardiograms, vascular testing, and holter and event monitors. So, if you live or work near Princeton and are interested in being seen at this location, please let a receptionist know and they will schedule an appointment at a time that is convenient for you!

Be Heart-Smart in the Winter

Winter can be a merry season for people of all ages. All of us can be grateful for the splendor of snowfall or the reward of a frothy hot chocolate after a day of winter activity fun. But for all its glories, winter can also bring a certain element of danger to our lives, particularly when it comes to our hearts. Therefore, it is important to understand both the risks and benefits of this chilly season. As winter falls upon us our motivation to stay physically active lessons, especially when it comes to outdoor activity. By decreasing our physical activity, we "hibernate" our hearts, which is not healthy for them. Hearts need regular exercise to stay strong and fit. There are many ways to get your heart pumping indoors, for example:

- Check out an exercise DVD
- Yoga
- Lift filled water bottles and canned foods as dumbbells while watching T.V.
- Walk in place or around the house
- Cleaning with extra spunk in your step!

However, laborious exercise like shoveling snow in cold weather has the capability to increase blood pressure and heart rate in a way that potentially may be harmful to the heart. The physical demands of shoveling snow combined with cold temperatures can cause constriction of the blood vessels and a decrease in oxygen to the heart. All of this work combined may facilitate a heart attack. Remember, shoveling snow can be as arduous as running on a treadmill. While this may not be a problem for a healthy individual, it may perhaps be for an individual with heart disease. Do your heart a favor by:

- Warming up your muscles before shoveling
- Remember proper body mechanics- use your thighs and core, not your back!
- Take a frequent breaks
- Use the buddy system, meaning shovel with a neighbor and share the workload
- Always consult your doctor before shoveling or any strenuous activity

Why should I have my testing performed at Hamilton Cardiology Associates?

Your cardiologist may recommend cardiac testing as part of your treatment plan. Examples include: echocardiogram, stress testing, and vascular studies. The results of these important tests will help your cardiologist make the very best decisions regarding your care. To ensure the highest quality and standards among our various testing modalities offered, Hamilton Cardiology maintains active certification with the Intersocietal Accreditation Commission (IAC) for all imaging studies performed within the practice.

As an accredited facility, patients and loved ones can rest assured that the nurses, technologists, and physicians performing and interpreting the imaging testing all meet the requirements set by the IAC, whose standards are quite rigorous. Each doctor, nurse, and technologist must be certified and must also maintain a required amount of hours of continuing education in their respective fields. The IAC is constantly improving upon the standards and methods set forth for the evaluation of the quality of care delivered by those practices who have achieved IAC certification.   This certification must also be renewed every three years which means that all of our testing modalities will never become outdated, and will always conform to the highest standards possible. The IAC also conducts unannounced audits to guarantee that doctors' offices with IAC certification will maintain the highest standards through the entire accreditation cycle.

Most insurers have recognized the value of IAC accreditation and have made it a requirement that a provider be IAC certified before any of their members can be authorized for an imaging procedure. The IAC has become a hallmark for a certification of quality in the medical imaging community.

Hamilton Cardiology Associates is proud to maintain the following certifications with the IAC.
ICANL – Certification of all Nuclear Imaging
ICAEL – Certification of all Echocardiography Imaging
ICAVL – Certification of all Vascular Imaging

Although there is no current IAC certification available for the various heart rhythm testing that we perform at HCA, we follow a similar, internal standard within the department. Our mission is to deliver the highest quality care to all patients, and we strive to achieve that goal in every aspect of the delivery of cardiovascular care.

Marolda Pasta con Fagioli - Makes 4-6 Servings

INGREDIENTS
- 1 medium onion
- 2 celery stalks
- 1 clove garlic
- 1 tbsp oil
- Salt
- Pepper
- Crushed red pepper
- 2 x 16 oz. white cannellini beans (Drain and rinse beans first to lower sodium content)
- ½ lb pasta (ditalini, elbows, or pipette are best!)
- Fresh grated cheese
- Chopped parsley
- Italian herbs

DIRECTIONS
1. Chop onion, celery, and garlic
2. Sauté with olive oil
3. Add crushed red pepper is desired, pinch of salt, pepper
4. Add cannellini beans
5. Add 3 cans of water to pot (6 cups)
6. Bring to boil, then simmer x 30 min
7. Add another cup of water, bring to boil
8. Add pasta
9. Cook until pasta is al dente
10. Add chopped parsley, and/or your favorite Italian spices to taste
11. Add grated cheese on top