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Hamilton Cardiology Associates is Pleased to Welcome Dr. Aarti Patel to Our Practice!

Dr Patel was born in Hyderabad, India and moved to the United States with her parents when she was four years old. Although she was quite young when she left, she can still recall fond memories with her family, especially picking mangos from the tree in her back yard with her beloved Grandfather. Dr Patel spent most of her childhood in Princeton Junction, NJ, where she excelled academically and then later attended NYU. Initially a Communications/English major, Dr Patel later switched to Computer Science, with minors in Physics, Chemistry, and Photography. Despite her varied interests, Dr Patel always had intended to become a doctor, which she pursued at the New Jersey Medical School in Newark (now known as UMDNJ- Newark). Dr Patel's interest in cardiology can be traced initially to her first year physiology class, during which she was introduced to an echocardiogram. She recalls her fascination with the application of physics to real life medical scenarios in such an exciting field of study. A few years later, as an intern at Montifiore Medical Center, she was fortunate to experience a rotation in the Coronary Care Unit, during which she was first introduced to an electrocardiogram (EKG). At that



Aarti Patel, MD

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point, she knew it was the right path, stating "my heart just went straight to EKGs!" Thereafter her interest in Electrophysiology blossomed, and she completed her Fellowship in Electrophysiology at New York Methodist Hospital in Brooklyn, NY.

Board Certified in Clinical Cardiac Electrophysiology, Cardiovascular Diseases, and Internal Medicine, Dr Patel brings her extensive expertise and positive energy to the HCA family and its patients. Having spent many years volunteering across the world, Dr Patel is a firm believer in serving the community through outreach and education, with special interest in women with heart disease. Drawing from the guidance provided by her past mentors and her parents, she encourages her patients to live in the moment, rather than living in the "what if". She notes that this is especially important when faced with a new, frightening diagnosis, stating "Your greatest power to make decisions or to assess a situation correctly is in the current moment. As a patient, it can be difficult or painful to do this alone. As a physician, I believe it is my responsibility and honor to walk through understanding the implications of a new diagnosis with each of my patients. My focus is to make my patients feel stronger and more empowered by the knowledge of their current health and the future paths before them."

Keep Calm, Drink Water!

Summer is here! The longer days and warmer temperatures are a delight to many, but to others it can be their least favorite time of the year. One reason is due to how they may feel when they are dehydrated. Dehydration is a condition that occurs when your body loses more fluid than it takes in. The loss of body fluids, mostly water, exceeds the amount taken in and occurs mostly through perspiration. When this happens, initially we may experience a sense of thirst. This thirsty sensation is an important message from your brain telling you to consume more water. If we ignore this thirst, more intense symptoms may occur including: fatigue, dizziness, headache, dry mouth and nose, dry skin, cramping in the legs, extreme sweating, vomiting, and diarrhea. Dehydration is seen frequently in older people in times of high heat and humidity. Many seniors have underlying health conditions that make them less able to adapt to the heat. It is important to recognize the signs of dehydration and to respond promptly. But it is important to choose the right kind of fluids to rehydrate your body. Fluids and beverages high in salt or caffeine may worsen the dehydration rather than help. Water is always the best choice to stay hydrated; it is an inexpensive, readily available healthy choice and has many additional health benefits, including weight loss! The next time you think you may be hungry, drink a glass of water and wait a few minutes; your hunger may disappear. Staying hydrated also prevents constipation and fatigue, and helps rid our bodies of toxins and improve our skin complexion. Additionally, according to the American Heart Association, drinking at least five 8 ounce glasses of water daily reduces the risk of fatal coronary heart disease among the elderly. However, it is important to note that if you have a weak heart muscle you should first check with your cardiologist regarding any necessary restrictions or limitations on your daily fluid intake. To help make sure that you don't suffer from dehydration this summer, follow these additional helpful hints:

- Eat healthy water-content foods such as fruits and vegetables.
- Check that urine color is light and output is sufficient (dark urine or infrequency of urination is a classic sign of being dehydrated).
- Do not wait till you are thirsty to start drinking water. At that point, dehydration has already started.
- Keep a water bottle close by during the hot summer months.
- Avoid alcoholic beverages and try to minimize the amount of caffeine intake while exposed to the heat.

Grilled Fish with Marinated Tomatoes- Makes 4 Servings

INGREDIENTS

- 2 cups cherry tomatoes, preferably Sun Gold, halved
- 4 Tblsp olive oil, or more as needed
- 2 Tblsp white wine vinegar
- 1 Tblsp minced fresh hot chili, like jalapeño, or more to taste
- 1 Tblsp chopped fresh oregano, or 1 teaspoon dried
- 4 cloves garlic, sliced, or more to taste
- Salt and freshly ground black pepper
- 1 large whole fish or two smaller ones (2 to 3 pounds total), like striped bass, rockfish or trout; preferably butterflied and boned, or simply gutted
- 1 lemon, sliced
- 4 to 6 sprigs fresh thyme

DIRECTIONS

1. Prepare grill; heat should be medium-high and rack about 4 inches from fire. Combine tomatoes, 2 tablespoons of olive oil, vinegar, chili, oregano, a few slices of garlic and a sprinkle of salt and pepper in a bowl; let sit at room temperature for 30 minutes.
2. Meanwhile, using a sharp knife, make three or four diagonal, parallel slashes on each side of fish, just about down to the bone. Sprinkle inside of fish with salt and pepper, then stuff with remaining garlic, a layer of lemon slices and thyme sprigs. Rub outside of fish with remaining 2 tablespoons oil and sprinkle with salt and pepper.
3. Grill until firm enough to turn, 5 to 8 minutes. Turn and cook second side for 5 to 8 minutes. Fish is done when exterior is crisp and a knife passes easily through the flesh.
4. Taste tomato mixture and adjust seasoning, adding more oil if needed. Serve fish topped with tomatoes and their liquid.

