



Dr. Kriti Kumari

## 'Being Aware is the First Step'

**W**ith the newest addition of Dr. Kriti Kumari, an internist specializing in women's health, an increasing number of female patients are learning how to protect themselves against heart disease and stroke.

When it comes to offering excellent patient care, experience is a must. No one knows this better than the team of doctors at Marion Heart Associates. This group of professionals has been serving Marion County for over 20 years.

The practice consists of six doctors, with each focusing on a particular field, making their practice both thorough and comprehensive. Dr. Manoranjan (Mann) Singh has over 30 years of experience in cardiology, cardiovascular disease and nuclear medicine. Also with more than three decades of experience, Dr. Bindeshwari (Biju) Sinha specializes in internal medicine. Dr. Jaskaran Bedi concentrates on both internal medicine and geriatrics, while Dr. Josef Vesely focuses in endocrinology, diabetes and metabolism issues. Dr. Premranjan (Prem) Singh came onboard last year as an interventional cardiologist and heads the Heart and Vascular Institute of Central Florida. The newest edition to this outstanding team of physicians is internist Dr. Kriti Kumari, who specializes in women's health. All are board-certified, and all offer the utmost in patient care.

Marion Heart Associates offer patients a combination of excellent care and convenience, including one of the first accredited nuclear labs in Marion County. The doctors work together to recommend the best diagnosis and treatment possible, and with on-site diagnostic and stress labs, patients can undergo a variety of tests from simple blood work to stress echocardiography without the hassle of traveling to a separate office.

Dr. Kriti Kumari may have only recently joined the team, but she's already contributing a wealth of knowledge in the field of women's health.

"Being a woman, I see a lot of female patients," she says "I realize that I can play a vital role in helping with the primary prevention of disease." And with heart disease and stroke being the No. 1 cause of death in women, the addition of Dr. Kumari's expertise couldn't be more necessary.

The female patients in Dr. Kumari's care deal with slightly different health issues than male patients. According to Dr. Kumari, women are more at risk for getting osteoporosis and twice more likely to suffer from depression than men. And, she cites that the Women's Ischemia Syndrome Evaluation (WISE) study found that women suffering with

depression are more likely to be obese, smoke or have unhealthy cholesterol levels, all of which are risk factors for heart disease.

"All women should know their risk for heart disease and stroke," she says. Dr. Kumari's patients are educated about their blood pressure, cholesterol, fasting glucose, MBI and waist circumference numbers. "These numbers determine your risk factor, and being aware is the first step in taking care of it," she says.

When it comes to stroke prevention, it's important to take quick action after receiving abnormal carotid artery ultrasound results. At Marion Heart Associates, the ultrasound is performed right in the office and two of the team's cardiologists work together to make the proper diagnosis and implement treatment. If your primary care physician and cardiologist are located in two different practices it may take as many as 10-15 days for review, interpretation and recommendation by the cardiologist. In the case of an impending stroke in women or men, swift action saves lives!

For the past 20 years, having primary care physicians and cardiologist working together within the same practice has proven very beneficial for patients of the Marion Heart Associates.

And being a primary care physician, Dr. Kumari's goal is to keep her patients strong and healthy for years to come.

By combining outstanding, cutting-edge care with unmatched convenience, the board-certified physicians at **Marion Heart Associates, P.A. and Marion Internal Medicine Associates** have become leaders in the local medical community.

### **Marion Heart Associates, P.A. and Marion Internal Medicine Associates**

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