



# Vitruvian Health

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INFORMATION

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## When a second opinion matters

*Samuel Young receives heart health treatment with Hamilton*

**DALTON, Ga. (February 10, 2026)** – A former high school sports coach and a longtime farmer, Samuel Young has always been physically active.

What he hasn't been until recent years is a cardiac patient. With serious medical issues to address, Young wanted more than just a doctor to write prescriptions. He needed a medical team with skill, expertise and – most importantly – a willingness to listen and understand.

That journey eventually led him to Vineet Dua, MD, of Vitruvian Health – Heart & Vascular at Hamilton.

It started about two years ago when the Chatsworth resident was diagnosed with atrial fibrillation — a condition in which the heart beats irregularly, causing blood to pool in certain areas and greatly increasing the risk of stroke.

Young caught the issue while performing a daily blood pressure check. His pulse at the time was abnormally low. When he mentioned it to his family doctor, he was referred to a cardiologist who ordered heart monitoring and tests. His testing detected AFib, a common, often chronic arrhythmia that causes a rapid, irregular impulses in the upper heart chambers. He was also diagnosed with an aortic aneurysm, a bulging area in the heart.

Young said his doctor at the time ordered additional tests and placed him on blood thinners. Wanting a second opinion, Young made an appointment at Hamilton.

He said the entire Hamilton team was professional, proactive and personal.

“When I met Dr. Dua for the first time, he had already reviewed my file before I got there,” Young said. “He answered my questions and elaborated on my condition so I understood it more.”

Dua's office coordinated with Lisa Duhaime, MD, an oncologist at Peebles Cancer Institute where Young is being treated and monitored for lymphoma (previously diagnosed). Dua said that coordination helped consolidate tests involving radiation to reduce Young's exposure. It also helped Dua to have a more comprehensive understanding of Young's health.

Coordinated care is key for patients who have health issues that are treated or monitored by more than one provider, and Young said he's grateful for the seamless experience he has had at Hamilton.

### **Taking care of the heart**

Dua said he encourages everyone to eat a Mediterranean diet, exercise at least 30 minutes a day, five days a week and avoid smoking and heavy alcohol consumption.

Young, 70, has been an avid runner since his 50s. He previously taught and coached at Murray County High School, including coaching basketball, track and cross country. For most of his life, he said, he's been relatively healthy.

Young said he's happy to have a doctor who takes his heart at least as seriously as he does. They are currently discussing the possibility of a Watchman, an implanted device that helps prevent blood clots, plus his ongoing heart care.

Young's cardiac care allows him to continue living the life he wants. His interests include supporting St. Jude Children's Hospital through annual half marathons and other races, working on his horse and cattle farm, and spending time with his family.

While he doesn't plan to set any speed records, he enjoys running a few miles a day at a steady, slower pace.

*February is National Heart Health Awareness Month.*

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**Photo:** Samuel Young

### **About Vitruvian Health**

Vitruvian Health, formerly Hamilton Health Care System, is a not-for-profit, fully integrated health system serving the Northwest Georgia and Southeast Tennessee regions. Vitruvian includes Hamilton Medical Center in Dalton, Ga., and Bradley Medical Center in Cleveland, Tenn., affiliated physician

practices, walk-in care centers, retirement and skilled nursing centers, a diagnostic center, a cancer institute, an institute for children with developmental delays, and more. Known for its advanced care and personalized service, Vitruvian Health offers innovative treatment options in state-of-the-art facilities while maintaining a compassionate, friendly and tranquil healing environment.

The Vitruvian name draws from the organization's recognizable da Vinci-inspired Vitruvian Man icon, which has been a prominent part of Hamilton's logo since 1976. Da Vinci's Vitruvian Man represents harmony, balance, and the interconnectedness of all aspects of health, perfectly aligning with Hamilton's integrated system of care.