



Vitruvian Health

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INFORMATION

Daryl Cole: 706-272-6168

Aydinoz joins Hamilton Physician Group – Specialty Care

DALTON, Ga. (January 5, 2025) – Secil Aydinoz, MD, says helping people was his motivation in choosing medicine as a career.

“The more I am able to help, the more I feel comfortable when I put my head on my pillow at night,” says Aydinoz.

Aydinoz recently joined Hamilton Physician Group – Specialty Care, part of Vitruvian Health. He is board certified in general pediatrics and in sleep medicine, and his practice focuses on treating children and adults who have sleep-related conditions.

He earned his medical degree at Ankara University, Ankara, Turkey. He completed a Pediatric residency and a Sleep Medicine fellowship at the University of Missouri Columbia in Columbia, Mo.

Aydinoz treats a range of sleep-related conditions including sleep apnea, narcolepsy, various forms of insomnia or hypersomnia, nightmare disorders, sleep phase issues, and restless leg syndrome.

Sleep apnea is a common sleep-related condition that Aydinoz treats. It is a disorder in which breathing repeatedly stops and starts during sleep. He says it is an underdiagnosed part of medicine and a systemic disease which can affect all of the body’s organs in both children and adults.

“If you leave sleep apnea untreated, it can cause major issues like behavioral problems in younger kids, and in older kids it can cause obesity, high blood pressure and heart problems,” Aydinoz adds. “These are all preventable — and all reversible.”

A common misconception in sleep medicine is that treating sleep apnea with a CPAP means using an item that is bulky and hard to use. Aydinoz says that modern CPAPs have been significantly upgraded over the years.

Aydinoz also helps patients with sleep hygiene — the daytime and evening practices that make for better sleep at night. That includes getting adequate exercise, eating a well-balanced diet, sleeping in the dark, falling asleep and waking at the same times every day, and turning off screens in the two hours before bed.

“Not sleeping well may affect your memory, your functioning and your ability to focus,” he says. “Sleeping well can prevent a lot of issues, including high blood pressure, high blood sugar, anxiety, depression, lack of energy during the daytime and heart problems.”

Aydinoz says good sleep is foundational to overall health. “One-third of our lives is spent sleeping,” he says. “If the sleep is disrupted or if the sleep is not good, that’s going to affect our daily lives in negative ways.”

To make an appointment with Aydinoz at Hamilton Physician Group in Dalton, call 706-529-3072.

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Photo: Secil Aydinoz, MD

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.