

CAMP LOWELL CARDIOLOGY

Diet & Exercise

A healthy diet can help in preventing heart disease, stroke and reduce risk factors of high blood pressure and high cholesterol, as well as diabetes and obesity. According to the American Health Association, the Mediterranean Diet ranks high among the best diets. This diet includes:

- Fruits, vegetables, bread, grains, legumes, potatoes, beans, nuts and seeds.
- Olive oil, dairy products, eggs, fish and poultry.

For more information go to <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/mediterranean-diet>

Staying active is important in preventing heart disease and improving over all health. Here are three basic exercises you do to help increase your fitness level. For your safety, it is recommended you consult your provider before starting a new workout regime.

- Aerobics: Walking, running, swimming, and cycling.
- Strength Training: Using bands, free weights, weight machines.
- Stretching, Flexibility & Balance: Yoga, tai chi, or basic body stretches.

After Hours Call Line

Its important for Camp Lowell Cardiology to be available to our patients 24-hours a day. We offer an after hours answering service where our providers are paged to call a patient back who is experiencing an urgent situation.

Some examples of urgent situations are: concern for chest pain, abnormal pulse rate, shortness of breath, dizzy spells. Any situation deemed emergent or life threatening, heart attack, or stroke like symptoms, you to go to the nearest hospital or call 911 immediately.

Some examples of *non-urgent* situations are: prescription refills, scheduling questions, medical record requests. In those cases it is not appropriate to use the after hours answering service. Patient should wait to speak to a representative the next business day.

Q1 2023

Contact Us

Address: 4790 E Camp Lowell Drive

City, ST, Zip: Tucson, AZ 85712

Phone: 520-319-5922

Fax : 520-319-6128

Website:

www.camplowellhearts.com/

Hours of Operation:

Mon-Thurs: 7:00AM-5:00PM

Fri: 7:00AM-3:30PM

Billing Questions:

Need help setting up a payment plan?

Please ask for our Billing Manager, Madison.

Or speak with our Billing Specialist, Stephanie.

Mask Policy

All employees and patients are required to wear masks while in office. Should you not have a mask, that's okay! We will supply one for you. If you have any issues with this policy please speak to the practice manager.

Not Feeling Well?

If you find you are not feeling your best, and experiencing symptoms of illness, we ask you stay home and get better. Your appointment can be rescheduled, or if you are up to it, we can convert your office visit it to a telemedicine visit.

Annual Intake Forms

Intake forms must be updated annually.

Since our office strives to run on time, you may be asked to come in 20-30 prior to your appointment in order to complete those forms.

Keeping Your Appointment

We understand life happens so if your unable to make your appointment call the office as soon as you can to reschedule your appointment. We encourage all our patients do their best to keep their scheduled appointments. Frequently missed appointments does not allow us to treat you in a full capacity. It can delay your care if our office has to reschedule farther out than desired due to availability.

Our financial policy outlines cancellations, missed appointments, and rescheduling done outside of a 24-hour window will come with a fee. When these occurrences become frequent there is possibility of discharge from the practice.

Our office will reach out one week and 2 days prior to your visit to confirm your appointment time with you. Should you have any conflicts please advise the office, and we can reschedule. Depending on your communication request, we will reach out via email, text message, or phone call. If you need to update your how you would like our office to reach out to you, please let us know and we will update this in our system.

Preparing for your Nuclear Study

A nuclear study is an imaging technique that uses a radioactive tracer and special cameras to look at the structure and function of the heart. A nuclear study may sound scary but it is actually very safe, and helps in evaluating for coronary artery disease.

The test involves a small IV being placed and a the tracer is injected before the exercise stress test. If you can not participate in the exercise portion of the test, a chemical stressor can be used instead.

This study can take up to 3-4 hours to complete. These are some specific instructions on how you can prepare for your nuclear stress test.

- No caffeine 24 hours prior to test. No decaf, chocolate, and headache remedies with caffeine.
- Nothing to eat 4 hours prior to test. You may have water, have a light meal of snack if you need to because you are diabetic.
- It is recommended you bring a snack. Since this test is 3 hours, you may have food 2 hours into the test.
- Bring reading materials and/or iPad, as there will be downtime.
- Wear sneakers and loose clothing. A shirt that buttons down the front is recommended for easy placement of EKG electrodes. No jewelry and no lotion on your chest.
- Should you not follow to the preparation list in terms of caffeine & food intake, your appointment will have to be rescheduled and will be considered a missed visit.