

CAMP LOWELL CARDIOLOGY

Contact Us

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Hours of Operation:

Mon-Thurs 7AM-5PM

Fri 7AM-330PM

Welcome Jennifer Canez, FNP



Please join us in welcoming Jennifer Canez, our new Nurse Practitioner! Jen started her career as a nurse in 2007 in Charleston, South Carolina where she was born and raised. She cared for ICU patients in both community hospitals and large academic medical centers. She has completed a Master's of Science in Nursing. In 2017, she obtained board certification as a Family Nurse Practitioner. Her clinical experience includes general cardiology and vascular medicine. Outside of work she enjoys reading and spending time with her husband and young daughter.

Fond Farewell to Jackie Kieft, NP

With a great deal of support and love, we will say bon voyage to Jackie Kieft, who will be leaving the practice this summer to pursue other endeavors. Jackie's last day will be June 16th. Upon Jackie's departure, patient care will be transferred to Jennifer Canez. Jackie and Jennifer are already working together to assure a smooth transition of care.

Masking Policy

Employees and patients are no longer required to mask while in office. We do ask that if you find you are not feeling well and are experiencing any symptoms of illness that you stay home and get better. Your appointment can be rescheduled or if you are up to it, we can convert your office visit to a telemedicine visit.

Health Tip: Hydration

Spring is here and summer will soon be approaching, but no matter the time of year, staying hydrated is important. Water helps regulate the body's temperature, helps the digestive system, and protects vital organs, the heart being one of them. Fluids help the heart pump blood efficiently, supports blood vessel functions, and orchestrates circulation. You don't just have to drink water; incorporating foods high in water content can help you in maintaining hydration. Some examples include:

Watermelon	Cantaloupe	Strawberries	Peaches	Oranges
Cucumber	Lettuce	Zucchini	Celery	Plain Yogurt
Tomatoes	Bell Peppers	Cauliflower	Cabbage	Grapefruit
Coconut Water	Cottage Cheese	Soup	Grapes	Spinach

Office Tips: Appointment Preparation

- Check in 20-30 minutes before your scheduled appointment. Have your ID, insurance card, and copay handy.
- Expect to fill out paperwork. Intake paperwork is required to be updated once a year.
- Bring in a list of your current medications, or you may bring in your medication bottles. Get any lab work or testing complete prior to visit as directed by your provider.
- If you are having a specific study done such as a treadmill or nuclear study, make sure you have followed the preparation guidelines provided to you. For instance, if you are having a nuclear study done, you are not allowed to consume caffeine products 24-hours prior to your appointment time.