

CAMP LOWELL CARDIOLOGY NEWSLETTER



Issue 2

Spring 2022

Hours of Operation

Monday-Thursday

07:00-5:00pm
(phones are
answered from
08:15-4:45)

Friday

07:00-3:00pm
(phones are
answered from
08:15-3:00)

Main number:

520-319-5922

Fax number:

520-319-6128

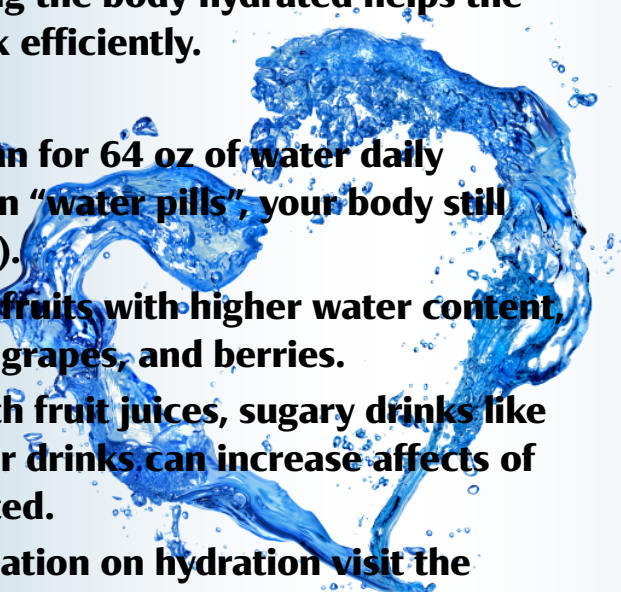
Address:

4790 E. Camp Lowell
Dr., Tucson, AZ
85712

Healthy Heart Tips: Stay Hydrated!

With summer fast approaching, it is important to remember to keep hydrated. Per the American Heart Association, keeping the body hydrated helps the heart muscles work efficiently.

- ♦ **General rule, plan for 64 oz of water daily (even if you're on "water pills", your body still needs the water).**
- ♦ **Consider eating fruits with higher water content, such as melons, grapes, and berries.**
- ♦ **Take caution with fruit juices, sugary drinks like soda. High sugar drinks can increase affects of feeling dehydrated.**
- ♦ **For more information on hydration visit the American Heart Association website, or speak to your provider at your next visit.**



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Helpful Tips

3 Tips for a smooth office visit

1. Arrive 15 minutes before your scheduled appointment to allow staff to update any new information (arriving 10 minutes after appointment time will require rescheduling).
2. Bring insurance card, drivers license, and copy of covid vaccine card.
3. Get any lab work or testing complete prior to visit as directed by your provider.

COVID UPDATE

Although COVID numbers are declining, Camp Lowell Cardiology will maintain our COVID policy to maintain the health and safety of our staff and patients. Here are our COVID policy reminders.

- ♦ All patients must wear a mask regardless of vaccination status.
- ♦ Unvaccinated patients will be required to obtain a negative COVID test within 48 hours of an office visit.

NEED TO CANCEL OR RESCHEDULE AN APPOINTMENT?

Should you need to reschedule or cancel an appointment, please contact our office as soon as possible, and no later than 24 hours prior to your scheduled appointment.

Cancellations out of the 24 hour window can result in a \$50 fee, and a \$100 fee for Nuclear studies.

Frequent cancellations or missed appointments may result in discharge from the practice.

Please check out our new website:

www.camplowellhearts.com

Read newsletters, print patient forms, make payments, and more!