

CAMP LOWELL CARDIOLOGY

Summer 2022
Issue 3

Enhance Your Heart Health

PHYSICAL EXERCISE

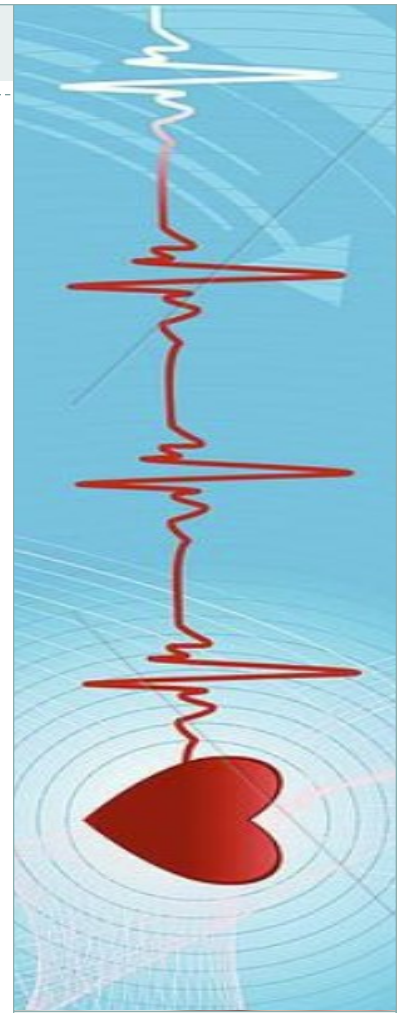
Physical fitness is a great way to strengthen the heart. By increasing your activity level, you can develop better control of your weight, which can protect your heart from high cholesterol, high blood sugar, and high blood pressure. All of these things can lead to heart attack or stroke. Per John Hopkins Medicine, here are three basic exercises you can do to help increase your fitness level. For more information, please visit <https://www.hopkinsmedicine.org/health/wellness-and-prevention/3-kinds-of-exercise-that-boost-heart-health>.

Aerobics: Examples include walking, running, swimming, and cycling. This helps improve circulation which can lower blood pressure.

Strength Training: Examples include resistance bands, free weights, weight machines. Combining strength training with aerobic exercise may help raise your good cholesterol and lower your bad cholesterol.

Stretching, Flexibility & Balance: Examples include yoga, tai chi, or basic body stretches. Stretching can strengthening your musculoskeletal is essential for you to do exercises that help your heart. It also helps with balance, and flexibility.

For your safety, its recommended you consult your provider before starting a workout regime.



CONTACT INFORMATION

ADDRESS:
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PHONE:
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OFFICE HOURS:
Monday - Thursday
8:00 AM-5:00 PM

Friday
8:00 AM-3:30 PM

WEBSITE:
www.campowellhearts.com/

COMPANY WEBSITE

www.campowellhearts.com

Utilize our company website to gain full access to:

- ◇ List of Providers
- ◇ List of Services
- ◇ Patient Portal
- ◇ Patient Forms
- ◇ News Letters
- ◇ Contact with Office Staff & Providers
- ◇ Billing Information
- ◇ Payment Portal

HEARTS HEALTHY TIPS: MANAGING YOUR BLOOD PRESSURE



- ◆ Eating a well balanced diet
- ◆ Regular physical activity
- ◆ Taking medications properly
- ◆ Daily blood pressure tracking
- ◆ Limiting alcohol
- ◆ Managing stress
- ◆ Quit smoking
- ◆ Working with your provider

REMINDERS FROM THE FRONT DESK

- ◇ Masking is still required, please wear your mask.
- ◇ Proof of CV19 vaccination is also still required. If you received a booster we will ask for it to update your records.
- ◇ You may be asked for insurance cards again. As they need to be rescanned annually or to capture any changes throughout the year.
- ◇ You will be asked to update paperwork annually such as your demographics, Financial Policy and HIPAA.

ASK US ABOUT OUR REMOTE MONITORING PROGRAM



Our Remote Monitoring Program (RPM) is a service Camp Lowell Cardiology provides to qualifying patients. This program allows the provider to have direct and immediate results of our patients' blood pressure, heart rate, and weight. Patients will personally speak to a Certified Medical Assistant, who will offer guidance and support. Readings needing immediate attention are prioritized with recommendations for either an office visit, medication changes, or hospitalization.

With increased patient—provider communication, and daily monitoring, there is a positive impact on lowering blood pressure and maintaining control. If you have questions on if this program is recommended for you, please call the office, or speak to your provider at your next visit.