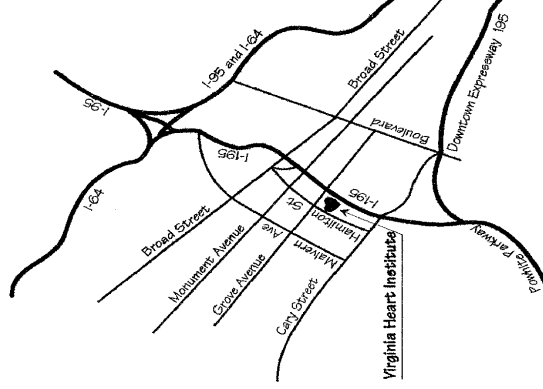


|   |
|---|
| <b>Patient's Name</b>   |
| <b>Date/Time of Appointment</b>   |
| <b>Special Instructions</b>   |
| <b>♥ Please have all pertinent medical records, insurance cards and a picture I.D. with you upon arrival.</b> |



**Established 1972**

**DIRECTIONS:**

- ♥ **From the North:** I-95 S to I-195 S; exit Cary St./Grove Ave.; bear right; at stop sign (Hamilton St.) turn right; VHI on right
- ♥ **From the South:** I-95 N to I-195 N; exit Patterson Ave./Grove Ave.; bear right; at light (Grove Ave.) turn right; next light turn left (N. Hamilton St.); VHI on left
- ♥ **From Appomattox/Farmville:** Take 360 E to I-195 N; exit Patterson Ave./Grove Ave.; bear right; at light (Grove Ave.) turn right; next light turn left (N. Hamilton St.); VHI on left
- ♥ **From Charlottesville:** I-64 E to I-195 S; exit Cary St./Grove Ave.; bear right; at stop sign (Hamilton St.) turn right; VHI on right

- ♥ If you have a copay, you are responsible for paying it at each visit.
- ♥ If your insurance company has not paid after two attempts by our billing company, the balance will be forwarded to you for payment.

**Method of Payment:**

- ♥ MASTERCARD/VISA
- ♥ Check, Cash, Money Order
- ♥ Wells Fargo Loans - ask for details (for large balances)

**VIRGINIA HEART INSTITUTE**  
**Charles L. Baird, Jr., M.D., Director**  
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 Richmond, VA 23221  
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## WELCOME TO VIRGINIA HEART INSTITUTE

**Founded in 1972** as an outpatient cardiac hospital, Virginia Heart Institute is devoted to early diagnosis and treatment of heart disease since sudden death or heart attack is the first symptom in over 50 % of patients.

**Dr. Baird** initiated outpatient coronary arteriography with the support and approval of his former mentor, F. Mason Sones, Jr., M.D., Director of the Cardiac Catheterization Lab at the Cleveland Clinic. The U.S. Public Health Service approved this new technique in 1988 for payment based upon review of safety data.

**Advances in non-invasive screening** have allowed detection without catheterization, which is reserved for the moderate to high risk population of which only 25% require surgery or angioplasty.

## OUTPATIENT SERVICES

### IMAGING SCREENING CENTER

- ▼ **Exercise Test & Fluoroscopy:**  
Preparation: wear comfortable clothing & shoes  
Time: 45 minutes
- ▼ **Echocardiography: (M-Mode, 2-D, 3-D, Color Flow):**  
Preparation: None  
Time: 45 minutes
- ▼ **Cardiac SPECT Rest/Exercise Imaging (Myoview or Cardiolite):**  
Preparation: If not diabetic, no breakfast & drink extra water  
Time: 2.5 - 3 hrs. (IV injection)
- ▼ **Renal Nuclear Scan:**  
Preparation: Drink two 8 oz. glasses of water prior to the test.  
Time: 30 minutes (IV injection)
- ▼ **Peripheral Vascular Ultrasound: (Abdominal & Carotid)**  
Preparation: None  
Time: 45 minutes

Please ask us for details regarding our **Advanced Technology Screen** (self-pay package includes a full general medical and cardiac evaluation).

- ▼ **Cardiac Catheterization: (outpatient coronary angiography)**  
Preparation: Prior noninvasive evaluation  
Time: 3 hrs.

### INVASIVE

## CARDIAC DRUG MANAGEMENT

- ▼ **Cardiac Rehabilitation:** Six week program emphasizing drug effectiveness; noninvasive and invasive analyses usually precede program  
Preparation: Comfortable clothing & shoes  
Time: 3 (30 min.) sessions a week
  - ▼ **Signal Averaged ECG:**  
Preparation: None  
Time: 30 minutes
  - ▼ **Holter Monitor (24 Hour Ambulatory ECG)**  
Preparation: Wear open front shirt  
Time: 15 minutes to apply
  - ▼ **Ambulatory Blood Pressure Monitor:**  
Preparation: Wear short sleeves  
Time: 15 minutes to apply
  - ▼ **Event Recorder:**  
Preparation: None  
Time: 15 minutes to apply
- ## EDUCATION & RESEARCH
- ▼ **Clinical Research:** (Antianginal, antiarrhythmias, congestive heart failure)
  - ▼ **Friday Luncheon Lecture Series:**
    - 1 hr. of prescribed credit
    - no cost; call to pre-registerTime: 12:00 Lunch, 12:15-1:15 Lecture
  - ▼ **ACLS Class (CME):** 2-3 times a year
  - ▼ **Patient Education:**
    - For patients and the publicTime: Saturdays at 9:15 AM
  - ▼ **Lipid Clinic:** Labwork/Patient Education