



Center
for **NATURAL MEDICINE**

1330 Cesar E. Chavez Blvd, Portland, OR 97214

Phone: 503-232-1100 Fax: 503-232-7751 Web: www.cnmwellness.com

PHYSICIAN REQUISITION

Community Teaching Clinic

Call 503-232-1100 or Fax 503-232-7751 to Schedule

Patient Name	DOB	Date
1BU#OU1IPOF	Patient 3ddress	
Diagnosis withICD-10		
Present Rx		
Other Pertinent info		
Referring Dr.		
Dr. Phone	Dr. Fax	
Dr. MOB Address		
Insurance Plan		Guarantor
Member ID#	Group #	Insurance Phone

PLEASE FORWARD ALL RELEVANT RECORDS WITH REFERRAL, INCLUDING PERTINENT CHART NOTES, LABS, PRIOR TESTING/IMAGING.

CONSULTATIONS

Medical records are required during consultation

- Consultations & Second Opinions with Reporting

CARDIAC

- Resting ECG with interpretation
- with monitoring to capture arrhythmia frequency/severity if indicated
- 24 Hour, Holter Monitor with interpretation
- 48 Hour, Holter Monitor with interpretation
- Exercise Treadmill Stress Test (patient preparation instructions on reverse side)
- Exercise Tolerance Testing with ECG Monitoring (determines a safe and effective target aerobic heart rate)
- Exercise - Aerobic Cardiac Rehabilitation _____ times weekly for _____ weeks or choose duration & frequency based
- Oxygen Multistep Therapy (oral antioxidants)

PULMONARY

- Spirometry (FVC, FEV 1 & 3 sec., FEV1/FVC, FEF25-75%, Max. Flow)
- Spirometry with post test bronchodilation
- Spirometry with post test rescue inhaler efficacy - patient must bring medication with dosage to be used. List here: _____

OTHER VASCULAR STUDIES

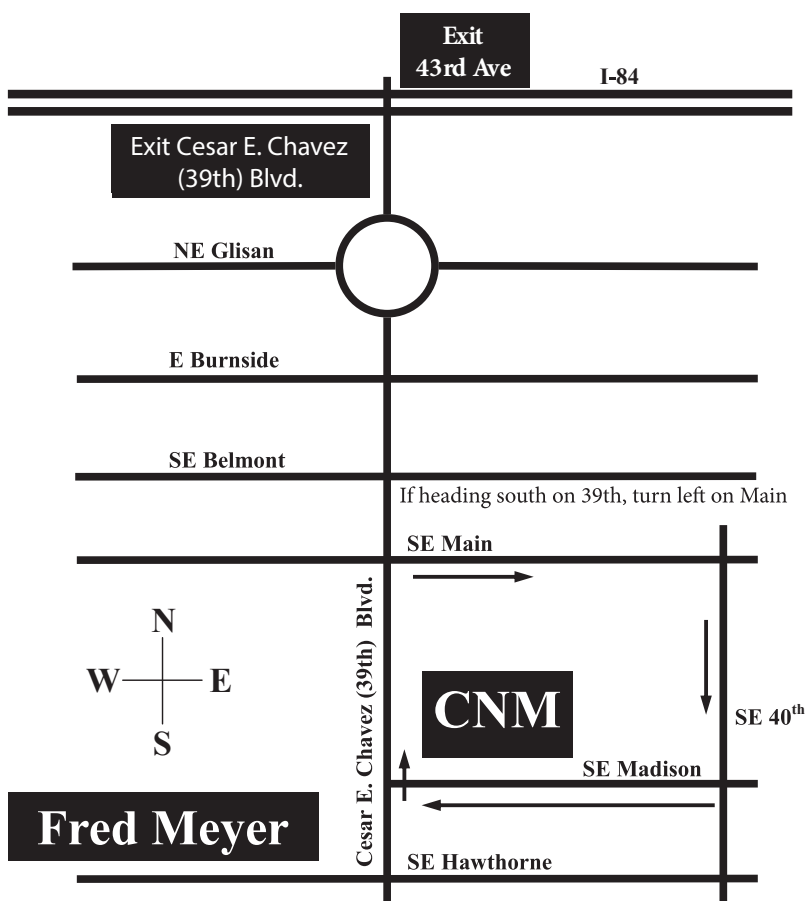
Audio Doppler, Plethysmography and Rheography

- Carotid arterial audio doppler (bilateral study of common, external & intenal)
- Ankle/Brachial Index (ABI)
- Resting Exercise Arterial Audio Doppler/Rheography with Waveforms
- Upper extremity fingers
- Lower extremity toes
- Lower extremity venous photoplethysmography (refill time in venous insufficiency)
- Lower extremity venous doppler (with augmentation - DVT vs venous insufficiency)

Patient Preparation (please follow carefully)

Exercise Stress - Exercise Tolerance Test

- An initial resting EKG must be completed to assess for safety to put you on the treadmill prior to stress testing. If this is not done by your referring provider or in an outside setting, a visit is required for brief cardiovascular screening and resting EKG completion.
- Do not eat, smoke or drink caffeinated beverages 2 or more hours before being tested.
- You may need to avoid some medications before being tested. Please ask your doctor to advise you about this.
- All vitamins, minerals and herbs should be avoided the day of the test unless otherwise directed.
- Wear loose fitting clothing and walking shoes or sneakers. You will sweat during exercise and may wish to bring a change of clothing for afterward.
- Plan to arrive at least 15 minutes early for check-in.
- You will be asked to review and sign informed consent forms before being tested.
- The testing takes about 60 minutes, and results will be sent to your referring provider to go over with you. In some cases you may be asked to schedule follow-up to come in and review your results here.



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For more forms and info visit:

cnmwellness.com/heart-lung-wellness/

Specializing in AFFORDABLE Naturopathic
Cardiovascular & Pulmonary Care
Please contact CNM (503) 232-1100 for
Community Teaching Clinic and other
DISCOUNTED FEES