

Dr. A. Shekhar Pandey

B Sc (CL), MD, FRCPC, ABIM, CBNC

Adult Invasive / non-Invasive Cardiology

Dear Patients:

Welcome to my practice.

My mandate is to provide you with comprehensive cardiac care, with a focus on disease prevention & health care promotion.

Background:

I grew up in Sydney, Nova Scotia and did my Bachelor of Science at Dalhousie University. I received my Doctor of Medicine degree & my Internal Medicine & Cardiology specialty at the University of Toronto. I did further training in invasive cardiology, cardiac catheterizations & cardiovascular research at the University of Toronto. I have worked in Toronto at the Wellesley Hospital & at Peel Memorial Hospital in Brampton, & Trillium Hospital in Mississauga prior to moving my practice to Cambridge in October, 1998.

My approach to your health:

My philosophy of health care centers on personal responsibility. I believe once you have been referred to me, it is my responsibility to provide you with the best possible cardiac care using the latest of technologies & testing where necessary. I believe it is also my responsibility to provide you with the information & tools necessary to improve your cardiac health through lifestyle changes, dietary alterations, personalized exercise regimens, stress reduction & where necessary appropriate medications & supplements. I believe each patient is unique, with a unique set of issues to address. Not every strategy works in all patients. Sometimes we may need to try a number of different things before finding the optimum approach. Medicine is not an exact science. Cardiovascular Medicine is, however, a rapidly changing science. Our understanding of the causes & treatments of cardiovascular illnesses expand each & every day. You should know that I make every effort to stay up to date on the latest advances in the field by attending national & international cardiovascular meetings, reading journals, online resources as well as participating in ongoing scientific research & debate. As a result, when I become aware of new tests or treatments that may become available, I will offer them to you even if you are "stable". The advance of science means we must try to provide the best care not just what has been used in the past. Some of the tests that are novel & cutting edge are not always covered by OHIP. My office will attempt to forewarn you if there are any costs to the tests I suggest & it will be your option to proceed with these tests or "stick to what is covered by OHIP". I will not be offended if you choose not to have all these tests. I just may not be able to provide you with the level of comprehensive care I would hope to provide.

I believe personal responsibility is also a patient's responsibility. I am a firm believer that many aspects of ill health can be overcome by concerted & sustained changes in life styles. I will constantly encourage you to improve your diet, your exercise, your stress level & smoking cessation. This is a passion for me. I hope it will also become your passion. Prevention, in my mind, is the key to long term health.

As a clinician scientist, I am a firm believer in the value of medical research & investigation. The cures have not all been found. The battle has not yet been won. I have been trained in clinical research & continue to participate in many national & international clinical research initiatives. These research studies are completely separate to my clinic practice & carried out by separate



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Prevention. Detection. Therapy.

support staff under my supervision. These clinical trials are often sponsored by government institutions & organizations like Health Canada, the National Institute of Health (NIH), or national & international universities or they are sponsored by the pharmaceutical industry. To appropriately conduct these studies, my staff & I go to many research meetings & training seminars sponsored & paid for by the above noted funding groups. From time to time you may be asked to participate in some of these studies. I will only ask you to participate if I think it is safe & appropriate for you to do so. Your participation in any research study would be strictly voluntary & would in no way influence the quality of the care I provide to you or the attention that you receive from my office.

Office Hours, Policies & Procedures:

This location is the premises of Cambridge Cardiac Care, the PREVENT Clinic, and my office. My office hours are from 9am-5pm Monday to Friday. The office may be opened on weekends for cardiac testing. Cambridge Cardiac Care is a cardiology lab which does 2-D & 3-D echocardiograms, stress testing, stress echocardiograms, EKGs, holter monitors, 2 week loop recorders, & 24 hour blood pressure monitors. The PREVENT clinic is a non profit clinic designed to help patients achieve life style changes and modify cardiovascular risk factors through personalized counseling by highly trained nurses, physician's assistants, & Para-medical staff. Patients are not always seen in the order in which they arrive in the building. Some appointments for testing take 10 minutes while others take 30 minutes and can only be done when I am physically present in the building. Due to physician shortages, and health care resources, we ask if you are not able to attend an appointment that you give us at least 48 hours notice. Note: This facility is not equipped to see those who are acutely ill. These patients should go to the emergency department.

As a cardiologist, I can only see patients if she or he is referred to my practice by another doctor. In a typical week I am available to see my patients at the office 3 ½ days a week. I am on call at Cambridge Memorial Hospital often one day a week, and round on my hospital patients each day of the week. I also do cardiac catheterizations every second week at St. Mary's Hospital. My priority is in-hospital patients, since they are the sickest. On short notice or during an office I may have to leave to see a sick patient or answer calls from other physicians or arrive late due to emergencies at the hospital. I would hope all my patients respect and understand this. My staff will try and contact you if we need to reschedule. Kindly leave us an alternate number where we may reach you. Give yourself enough time, by allowing 1-2 hours for office appointments.

Since I am not always available to answer questions, my nurses, physician's assistant or the office staff may be able to answer your questions. However, for prescription refill and side-effects to medications and matters of an urgent nature I ask you to see your family doctor or go to Urgent Care or to Emergency Department if directed to do so by my staff.

I hope this answers questions you may have as to how my office functions & what you can expect from me. My staff & I are always willing to discuss any questions or concerns you may have---- please talk to us: either myself, the office supervisor, or the office manager. By understanding each other well, we will build a strong relationship.

Sincerely,

Dr. A. Shekhar Pandey