

## Your Treatment Program – Pulmonary Disease (other than tobacco dependence)

Your office visit with Dr. Sachs typically consists of 3 parts: 1) Review of your medical records, laboratory studies, and x-rays, immediately before he comes in to the examination room to see you; 2) The time he spends directly with you taking your medical history, carrying out your physical examination, arriving at a diagnosis and treatment plan, explaining that to you, and answering all of your questions; and 3) The analysis and synthesis of your findings that Dr. Sachs arrives at and which he summarizes in a report for your medical record and your other physicians. Dr. Sachs's professional fee for that visit covers all 3 components of each visit, including his analysis. (NB: Dr. Sachs always needs to perform his own physical exam, just as he needs to take his own medical history, even if you just had a physical exam from your primary care physician or another specialist. As a pulmonary specialist, Dr. Sachs's training and experience enable him to evaluate you in a different way, so that he can better determine and understand what your problem is.) For your initial consultation as a new patient, you are booked for 1 ½ hour. The first part takes the first 10-15 minutes of the 1½-hour appointment time. The second part, during which you actually are with Dr. Sachs, takes the rest of that 1 ½ -hour – approximately 75 minutes. The third part takes him about 30 minutes. You will, however, only be in the office for the first and second parts; he generally prepares the report after you have left the examination room.

For a typical return appointment, you are booked for a 30-minute appointment. The first part (review of medical records, labs, x-rays, etc.) takes the first 5-10 minutes of the total appointment time scheduled for you. Sometimes this can take longer if you have numerous studies and results that Dr. Sachs must review and integrate. The second part, during which you are with Dr. Sachs, takes approximately 20 minutes, and the third part, during which time you are usually not with Dr. Sachs, takes him about 10 minutes more. If you think you will need more than 20 minutes of face-to-face time with Dr. Sachs, that can easily be arranged if you let the scheduler know that. Sometimes he may determine that you may need more time than 20 minutes and he will indicate that to the scheduler. If you do not wish to have that additional time, you may request a lesser time (and cost) appointment; however, that may not allow enough time to finish the interval medical history, physical exam, analysis, or communication with you. In that case, you will generally be scheduled for a further appointment on a subsequent day to enable completion of all these relevant and necessary components.

**Visit [www.DrLung.com](http://www.DrLung.com) for more information.**

## Principal Medical Concern – Tobacco Dependence

If your primary medical concern is tobacco dependence, all of the above must and will be accomplished, though in a different sequence. Also, there are other topics that must be addressed.

The 1 ½ -hour initial consultation appointment is similar, but the physical exam is deferred to the second appointment. Additional time is needed to determine what treatment components have and have not worked for you in the past when you have tried to stop smoking, what barriers and concerns you have about stopping smoking now, and to what extent nicotine exposure, since you began tobacco use, has altered your brain structure and function.

The 2nd appointment, which occurs about 7-10 days after the initial consultation, is booked for 1 hour and includes your physical exam, review of laboratory studies, and development of your comprehensive, medical treatment plan for tobacco dependence. Usually, you set your Target Stop Date at this visit. Your Target Stop Date generally occurs 1-2 weeks after this 2nd appointment.

The 3rd appointment is scheduled similarly to a standard return appointment and is much shorter than the first 2 appointments. This is usually 1-3 days before your Target Stop Date. Dr. Sachs and his staff will review proper medication use techniques and how to combine medications effectively and safely.

The 4th appointment, similar in length to the 3rd appointment, occurs 3-5 days after your Target Stop Date. These 3rd and 4th appointments and their timings before and after your Target Stop Date are the most important appointments you will have.

Subsequent appointments are scheduled as return appointments as when the primary medical concern is pulmonary disease.

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