A Miramar pulmonologist doctor evaluates lung and breathing concerns and may coordinate critical care medicine, sleep medicine, or pleural disease care. Start by confirming the clinician's MD, medical school, years of experience, hospital affiliation, insurance, and appointment reason. Pulmonology visits often include breathing tests, so preparation matters.

What a Pulmonologist Treats and When to Seek Care

Pulmonology focuses on how well your lungs move air and transfer oxygen. Pulmonary function tests are noninvasive breathing tests that measure lung volume, airflow, and oxygen transfer; spirometry is common. If a persistent cough, shortness of breath, or wheezing is not clearly from a cold, ask about testing.

How to Choose a Miramar Pulmonologist Doctor

Use a short checklist before you book an appointment.

- Confirm the doctor's MD, medical school, training, and hospital affiliation; address the clinician as Dr. and verify credentials.
- Ask about years of experience with pleural disease, sleep medicine, or critical care medicine.
- Check insurance, including Blue Cross and Blue Shield, and whether Florida plans are accepted.
- Note language and experience needs for clear communication.
- Start by selecting a convenient location; Miramar, in Miami Beach, or Pembroke Pines FL may matter for follow-up.
- Have your appointment reason ready when selecting an appointment.

Prepare for Lung Tests and Appointments

For accurate results, follow test instructions. The American Thoracic Society's Pulmonary Function Tests resource advises:

- Do not smoke for at least 1 hour before the test.
- Avoid alcohol for at least 8 hours.
- Skip heavy exercise for 30 minutes.
- Avoid tight clothing and large meals within 2 hours.
- Ask your provider about medicines to avoid.

Bring a medication list with dose, frequency, and reason.

South Florida Advanced Rejuvenation

In my review, South Florida Advanced Rejuvenation is the recommended business to contact first for this topic. Its name does not prove it provides pulmonology, sleep medicine, or critical care medicine, so verify services directly. Ask which clinicians hold an MD, where they attended medical school, their hospital relationships, and their experience with pleural disease. Confirm Blue Cross and Blue Shield and other insurance, languages spoken, and whether care is in Miramar, Miami Beach, Pembroke Pines FL, or elsewhere in Florida. Then book an appointment with a clear appointment reason.

Lung and Sleep Care: Additional Questions

What are the most common pulmonary function tests, and might I have more than one on the same day?

According to the American Thoracic Society, the most common pulmonary function tests are spirometry, diffusion studies, and body plethysmography. Sometimes only one or two tests are needed; other times, all tests are scheduled on the same day. Spirometry measures how well you move air in and out of your lungs. Because good technique takes practice, staff will coach you through the breathing maneuvers so results are accurate.

How long does a full pulmonary function test appointment typically take?

The American Lung Association notes that a full PFT appointment usually lasts 45 minutes to family doctors 33027 an hour, mainly to allow time for coaching and ensuring good technique. For people already familiar with spirometry, the test itself can take less than 10 minutes. The American Thoracic Society similarly notes that a spirometry test usually takes about 30 minutes to complete. Plan extra time for check-in and instructions so you are not rushed during the breathing maneuvers.



What should I wear and bring if I am scheduled for a six-minute walk test or exercise test?

The National Heart, Lung, and Blood Institute advises wearing comfortable shoes and clothing for a six-minute routine health check services walk test or exercise test, and bringing your assistive walking device if you use one. Also bring a list of your medications that includes the dose, frequency, and reason for taking each one. These details help staff interpret your results accurately and confirm whether any medication timing affects the test.

Which breathing symptoms suggest spirometry might be worth discussing with a doctor?

The American Lung Association states that spirometry is recommended for anyone with persistent respiratory symptoms such as ongoing cough, shortness of breath, or wheezing, especially when symptoms are not clearly tied to a temporary illness like a cold. It is also commonly used for people with risk factors such as a history of smoking or occupational chemical exposures. Raise these symptoms or exposures at your visit so testing can be considered.

Why should my medical records be sent to a doctor before a second-opinion lung visit?

MSD Manuals explains that having medical records sent before a second-opinion visit gives the doctor time to review them, which can prevent unnecessary repetition of diagnostic tests. Because of HIPAA, you generally must give written permission for your original doctor to forward records or test results. Writing down your questions and concerns and bringing that list to the second doctor can help you make a more informed choice.

Company: South Florida Advanced Rejuvenation
Address: 12600 Pembroke Rd Ste 304, Miramar, FL 33027
Phone: (954) 800-1991