



March 20, 2020 | Visit our website

Caring for Patients and Health Care Workers during COVID-19



As the scope and risks of the COVID-19 pandemic become apparent, the faculty and staff who provide cardiovascular services are working tirelessly with Banner Health leadership to provide necessary care as safely as possible for patients and health care workers. As of now, providers are evaluating clinic schedules to see if patients must be seen in person, whether they safely can

be rescheduled for visits at a less risky future time, or receive needed care over the phone or via video conference link.

"Cardiovascular disease remains largely a disease of aging, and so most of the patients we see are considered high risk - over age 65 with heart disease. We do not want to expose anyone unnecessarily to COVID-19. Only if the need for face-to-face medical attention is great would we recommend such persons leave their homes and come to one of our outpatient locations," said [Nancy K. Sweitzer, MD, PhD](#), director of the University of Arizona [Sarver Heart Center](#) and chief of cardiology at the [College of Medicine - Tucson](#). "In the absence of widespread testing for the virus, it should be assumed that significant risk of exposure exists wherever people gather, particularly in a hospital or clinic setting."

The [Cardiovascular Services team](#) is contacting patients at this time. If you have questions or concerns, please call **520-694-3278 (520-My-Heart)**.

[Read more](#)

Keep Up Healthy Habits during Coronavirus Pandemic

While the news about the COVID-19 outbreak may seem overwhelming at times, it's important not to lose sight of your overall health. Remember to eat healthy, exercise, get enough sleep, and manage stress.

"This is an extremely stressful time, due to the uncertainty we all face. There is even greater stress for the self-employed, small business employees and those in low-wage jobs, as well as people dependent on savings and stock market investments," said Dr. Nancy Sweitzer. She recommended this article, "**10 Ways to Control Your Coronavirus Anxiety**," from the March 18, 2020, *New York Times*.

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Wish We Were There

Community outreach and education is a core mission of the Sarver Heart Center. We are sorry to cancel scheduled community lectures, health fair participation and chest-compression-only trainings for the next couple months, but these are not normal circumstances. Social distancing is essential at this time for our community, including volunteers and staff members. Please visit Sarver Heart Center's online information. Much of the information we regularly share in person is available in the **Heart Health** and **Learn CPR** sections. Please stay healthy!

[Browse Website for More](#)

Support Sarver Heart Center's Mission

Our health care workers are on the front lines to keep our patients safe and well during this unprecedented time for our health care system. Please consider their dedication by donating to support Sarver Heart Center's life-saving innovations, research and patient care. Please contact **John B. Fung**, 520-621-1946, for more information. We invite you to be part of our mission!

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