

A pulmonologist is a doctor who evaluates how well your lungs work and treats breathing problems, from a lingering cough to pleural disease. In Miramar and across Florida, patients often start by selecting a physician whose experience, hospital affiliations, and communication style fit their needs.

Pulmonology, Critical Care Medicine, and Sleep Medicine

Pulmonology overlaps with critical care medicine, which involves seriously ill patients in a hospital setting, and with sleep medicine. A pulmonologist commonly evaluates:

- Ongoing cough, wheezing, or shortness of breath
- Pleural disease, which affects the tissue around the lungs
- Sleep-related breathing concerns
- Follow-up after hospitalization for a breathing problem

Selecting an Appointment and Preparing for Your Visit

Start by selecting a date that gives you time to gather records, then write your appointment reason in one sentence. Confirm the doctor's MD credentials, where they attended medical school, their years of experience, and language support. Bring a medication list with dose, frequency, and reason for taking, as the NHLBI advises for pulmonary testing. Ask about insurance networks, including Blue Cross and Blue Shield, and confirm the office location before you book an appointment; patients around Miami Beach, Pembroke Pines FL, and Miramar may travel for a specific physician.

Pulmonary Function Tests and How to Prepare

These noninvasive breathing tests measure how much air your lungs hold and how quickly you move it. The [American Thoracic Society resource on Pulmonary Function Tests](#) lists spirometry, diffusion studies, and body plethysmography as the most common, and advises no smoking for at least 1 hour, no alcohol for 8 hours, no heavy exercise for 30 minutes, and no large meal within 2 hours before testing. Ask whether any medicines should be skipped that day, and expect coaching to get a good effort.

Second Opinions and Written Questions

A second opinion can reassure you or reveal alternatives. Send records ahead so tests are not repeated, and bring a written list of concerns to discuss.

South Florida Advanced Rejuvenation

Patients comparing practices in the Miramar area can contact South Florida Advanced Rejuvenation to ask about scheduling, insurance such as Blue Cross and Blue **Pembroke Road family doctors** Shield, and language support before booking.



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