



COMMUNITY RESOURCES - CHOLESTEROL

SPECIALITY CLINICS/PROGRAMS

Clinic/Program: **University of Ottawa Heart Institute Lipid Clinic**

40 Ruskin Street, Ottawa, ON K1Y 4W7

Tel: 613-761-5257 Fax: 613-761-5281

Director: Dr. Ruth McPherson

Description: The focus of the Lipid Clinic is to diagnose and treat metabolic risk factors which contribute to cardiovascular disease. Of particular importance are cholesterol, triglycerides, Diabetes, obesity, and hypertension.

Appropriate for: Persons with documented elevated cholesterol/ lipids and/ or Diabetes; persons with strong family history plus risk factors

Hours: Mon & Fri: 8:00 a.m. to 12:00 p.m.

Language: English, French

Cost: N/A

Referral: Must call clinic to request appointment. Information required: patient history and demographics, most recent blood tests, family physician name and billing #. *Clinic will notify family physician's office of appointment date and time. Family physician's office must notify patient.* Tell patient to expect a letter and blood test requisitions in the mail from clinic a few weeks before scheduled appointment.

Clinic/Program: **Foustanellas Endocrine and Diabetes Centre Lipid Clinic**

The Ottawa Hospital

Riverside Campus, 4th Floor, 1967 Riverside Drive, Ottawa, ON

Tel: 613-738-8400 ext. 88333 Fax: 613-738-8261

Director: Dr. TC Ooi

Description: This multidisciplinary lipid clinic provides individual nutrition counselling and medical management to people with lipid disorders.

Appropriate for: All patients with primary or secondary lipid disorders including those with Diabetes related and renal dyslipidemias

Hours: Mon-Fri, 8 a.m. to 5 p.m.

Language: English, French

Cost: N/A

Referral: Physician referral required. Fax referral to clinic, include reason for referral, recent lab work and medication list.

**Clinic/Program: Ottawa Cardiovascular Centre**

502-1355 Bank Street, Ottawa, ON K1H 8K7

Tel: 613-738-1584 Fax: 613-738-9097

E-mail: admin@ottawacvcentre.com

Ottawa Cardiovascular Centre (East)

204-595 Montreal Rd., Ottawa, ON K1K 4L2

Tel: 613-749-5421 Fax: 613-749-6621

E-mail: admin@ottawacvcentre.com

Director: Dr. Joel Niznick

Admin. Manager: May Moloughney

Description: Prompt access to comprehensive cardiovascular consultation, diagnosis, and follow up care.**Appropriate for:** Patients who require assessment and management of hypertension and hyperlipidemia**Hours:** 8:30 a.m. until 4:30 p.m. with telephones answered from 9:00 a.m. until noon and 1:00 p.m. until 4:00 p.m.**Language:** English, French**Cost:** N/A**Referral:** Download and complete referral form: www.ottawacvcentre.com/OCC_Requisition_Form.pdf. Fill out the form and fax it to either location. Inform patient that the clinic will contact them with appointment.

Clinic/Program: Queensway-Carleton Endocrinology Clinic

3045 Baseline Rd., Ottawa, ON K2H 8P4

Tel: 613-721-2000 ext. 3763 Fax: 613-721-4787

Contact: Sharron Rouatt

Description: Appointment with endocrinologist for lipid disorder. Program is not specifically a lipid clinic.**Appropriate for:** Patients with lipid disorder**Hours:** Varies**Language:** English, French**Cost:** N/A**Referral:** Call clinic for appointment time and fax referral request; include purpose of referral and most recent relevant lab work. Clinic provides appointment time to family doctor's office. Family doctor must contact patient with appointment time and date.

Clinic/Program: Winchester District Memorial Hospital

566 Louise St., Winchester, ON K0C 2K0

Tel: 613-774-2422 ext. 522

Description: The Clinical Nutrition Department/ Diabetic Education Program holds classes for individuals with elevated cholesterol and/ or at risk for heart disease.**Appropriate for:** Individuals with elevated cholesterol or at risk for CVD**Hours:** Mon to Fri: 8:00 a.m. - 4:00 p.m. (Evening classes 3 days/ month – call for class times). Satellite program for seniors (Senior Support Centre – call for information)**Language:** English**Cost:** N/A**Referral:** Self referral, physician referral, or other health care provider referral



EDUCATION/ LIFESTYLE PROGRAMS:

Workshop: **Coping with Cholesterol Series**

Lipid Clinic
University of Ottawa Heart Institute
40 Ruskin Street, Ottawa, ON
Tel: 613-738-2384
Contact: Beth Mansfield, Registered Dietitian
E-mail: bmansfield@ottawaheart.ca
Website: www.peakperformance.ca

Description: Educational series delivered by Beth Mansfield.

Eat Smart (\$30/p) Get intelligent advice about sensible eating to lower LDL-cholesterol and triglycerides. Learn the principles of heart healthy eating to achieve your peak health.

Get Moving (\$30/p) Start where you are and go wherever your goals take you. Develop a physical activity plan of action to lower LDL-cholesterol and triglycerides and increase HDL-cholesterol levels. Learn how to safely begin your own physical activity program based on your health goals.

Shape Up (\$50/p) Develop a weight loss plan of action for increasing HDL-cholesterol and lowering LDL-cholesterol and triglyceride levels. Get an individual body composition/ resting metabolic rate test and learn how to adjust your energy balance to achieve a healthy weight goal.

Appropriate for: Patients with elevated cholesterol levels.

Hours: Saturday mornings

Language: English

Cost: \$30 to \$50

Referral: Registration required by telephone

Workshop: **Heart Delicious Nutrition Workshops**

Heart Health Education Centre (HHEC)
University of Ottawa Heart Institute
40 Ruskin Street, Ottawa, ON. K1Y 4W7
Tel: 613-761-4753 or 1-866-399-HHEC (4432)
Website: www.ottawaheart.ca/heart_disease/heart_health_education_centre.htm

Description: These are interactive workshops facilitated by a registered dietitian.

ABCs to Heart Healthy Eating: Develop the skills for heart healthy eating to reduce or control your blood cholesterol and improve the health of your arteries. Get the facts on fat, cholesterol, dietary fibre and salt.

Heart Healthy Shopping: Learn the tools to better understand food labels, develop heart healthy shopping lists, and plan meals.

Nutrition Tips for Weight Management: Learn to set realistic goals for healthy weight management. Acquire the skills to develop balanced meals, proper portion sizes, and techniques for weight loss and maintenance.

Bien s'alimenter A à Z: A 2-hour session, only offered in French, which summarizes the 3 nutrition workshops above.

Appropriate for: Patients and members of the public who are interested in learning about heart healthy eating

Hours: Refer to schedule online or contact HHEC for details.

Language: English, French

Cost: Free, unless specified

Referral: Registration required by telephone
