



COMMUNITY RESOURCES – OBESITY & WEIGHT MANAGEMENT

SPECIALTY PROGRAMS:

Clinic/Program: **Ottawa Hospital Weight Management Clinic**

Civic Campus, The Ottawa Hospital, 1053 Carling Ave.,
3rd Floor Maurice Grimes Lodge, Ottawa, ON K1Y 4E9
Tel: 613-761-5101 Fax: 613-761-5343
Website: www.ottawahospital.on.ca/programs/weightclinic/index-e.asp
Director: Dr. Robert Dent

Description: The Ottawa Hospital's weight management program is the area's only weight management program run by medical professionals in a hospital setting. Participants meet for private and group sessions with the professionals on the team.

The one-year Core Program is suitable for those with a BMI greater than 30. This program addresses all aspects of weight management, from diet and exercise to behaviour modification, in both group and individual sessions.

Appropriate for: Individuals with a BMI >30

Hours: Mon to Thurs: 8 a.m. to 4 p.m.

Language: English

Cost: Depends on program

Referral: Physician referral required

To refer: Download referral form: www.ottawahospital.on.ca/programs/weightclinic/pdf/referral-e.pdf; complete form and include blood test results (Total cholesterol, HDL, LDL, TG, TSH, Blood Glucose); fax form to clinic; and inform patient that clinic will contact them directly.

Clinic/Program: **Dr. Douglas Bishop Weight Management**

1335 Carling Ave., Suite 102, Ottawa, ON K1Z 8N8
Tel: 613-761-8015 Fax: 613-761-9585
E-mail: inquiries@drbishop.ca
Website: www.drbishop.ca
Director: Dr. Douglas Bishop

Description: Dr. Douglas R. Bishop & Associates Healthy Weight Management Alternatives is an Ottawa-based clinic specializing in the integration of proper nutrition, fitness and motivation in order to help you pursue a healthy lifestyle. Dr. Bishop is devoted to eliminating his patients' weight concerns in order to enhance their emotional and physical well-being.

Hours: Mon and Wed: 8 a.m. to 5 p.m.

Tues: 8 a.m. to 6:30 p.m.

Thurs: 8:30 a.m. to 5:30 p.m.

Fri: 7:30 a.m. to 1 p.m.

Language: English

Cost: Call to inquire

Referral: *Physician referral:* Include medical history, recent lab work, and reason for referral; fax or email to clinic; and inform patient that clinic will contact them directly.

Self-referral: Call office or complete online appointment request

**Clinic/Program:** **EMERALD Clinic – Ottawa Cardiovascular Centre**

1355 Bank St., Suite 502, Ottawa, ON K1H 8K7
Tel: 613-738-1584 Fax: 613-738-9097
E-mail: admin@ottawacvcentre.com
Website: www.ottawacvcentre.com/occ_emerald.html
Contact: May St-Pierre
Internist: Dr. Judy Shiau
Registered Dietitian: Helene Charlebois

Description: A safe and medically supervised weight loss program. The EMERALD Team will help your patients lose weight and keep it off successfully and safely. Specialization in helping patients with metabolic syndrome. Diagnostic criteria for metabolic syndrome (>3 parameters):

- Abdominal obesity (waist circumference: male >102 cm (40") / female >88 cm (35"))
- TG >1.7 mmol/L
- HDL <1 mmol/L (male)/ <1.3 mmol/L (female)
- BP >130/85
- FBG 6.2-7 mmol/L

Appropriate for: Individuals with BMI >27 with CV risk factors

Hours: By appointment

Language: English, French

Cost: \$350 (Pharmacotherapy is not included in the cost)

Referral: Physician referral required.

To refer: Download referral form: www.ottawacvcentre.com/OCC_Requisition_Form.pdf; complete form and fax to clinic; include recent lab/ blood reports; inform patient that clinic will contact them directly.

Clinic/Program: **Bariatric Medical Institute**

575 West Hunt Club, Ottawa, ON
Tel: 613-730-0264
Web: www.bmimedical.ca
Medical Director: Dr. Yoni Freedhoff

Description: Bariatric medicine is the medically-supervised treatment of obesity and its associated conditions. Bariatric medicine advocates a comprehensive, multi-faceted approach to the treatment of obesity, including medical assessment and monitoring, behavioural and dietary counselling, and exercise. Bariatric medicine aims not only for healthy weight loss but a lifetime of weight management.

Appropriate for: Anyone who feels they have a problem with their weight

Hours: By appointment

Language: English

Cost: Exact cost \$1,485 (+ GST) regardless of amount of weight to be lost. No hidden fees or required product purchases.

Referral: Self-referral



Clinic/Program: **Overeaters Anonymous**

Locations: Ottawa and surrounding areas (visit the website or contact Overeaters Anonymous for locations).

Tel: 613-820-5669 (main office)

E-mail: oa-ottawa@mail.com

Website: www.OA-Ottawa.ca

Description: Overeaters Anonymous (OA) is a fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive overeating. OA welcomes everyone who wants to stop eating compulsively. The primary purpose is to abstain from compulsive overeating and to carry the message of recovery to those who still suffer.

Appropriate for: Everyone who wants to stop eating compulsively

Hours: Vary

Language: English, French

Cost: N/A

Referral: Self-referral

Clinic/Program: **TOPS Club Inc.**

Locations (Local Chapters): Ottawa, Nepean, Gloucester, Kanata, Orleans, Richmond, Stittsville, Kenmore, Metcalfe, Osgoode, Kemptville, Winchester, Carleton Place, Arnprior, Chesterville, Casselman, Smiths Falls, Plantagenet, Newington, Morrisburg, Perth, Renfrew

Tel: 414-482-4620 (TOPS Headquarters). For local chapters, check local telephone directory.

Website: www.tops.org

Description: TOPS® (Take Off Pounds Sensibly) is the oldest international, non-profit, non-commercial weight loss support group. TOPS' mission is to support members as they take and keep off pounds sensibly. Weekly meetings include private weigh-ins and a program that provides members with positive reinforcement and motivation to adhere to food and exercise plans.

Appropriate for: Anyone who wants to lose weight assisted by a program

Hours: Vary by location

Language: English, French

Cost: \$30/ year + nominal chapter fees

Referral: Self-referral

Clinic/Program: **Weight Watchers**

Locations: Ottawa and surrounding areas (visit the website or contact Weight Watchers for locations).

Tel: 1-800-267-9939

Website: www.slengora.ca

Description: Weight Watchers® has taught millions of members how to lose weight. The Weight Watchers program is designed to promote a healthy rate of weight loss, up to two pounds a week after the first three weeks or up to 1% of body weight per week after the second week.

Appropriate for: Anyone who wants to lose weight assisted by a program

Hours: Vary by location

Language: English, French

Cost: \$26.50 joining fee + \$15.90 weekly fee

Referral: Self-referral

**Clinic/Program:** **Minçavi**

Locations: Ottawa and surrounding area (visit the website or contact Minçavi for locations).

Tel: 1-800-567-2761 Fax: 1-819-839-1091

Website: www.mincavi.com

Description: Minçavi is a nutritional program (not a diet) based on Canada's Food Guide. Founded in 1984, Minçavi offers 200 meetings in over 160 towns in Quebec and Ontario where members are weighed-in, hear a motivational talk, receive information on healthy eating, and sample Minçavi recipes.

Appropriate for: Anyone who wants to lose weight assisted by a program

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

Language: English, French

Cost: \$30 registration fee + \$8 weekly/ \$14 bi-weekly weigh-in fee

Referral: Self-referral

Clinic/Program: **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)

Description: **ABCs to Heart Healthy Eating:** Develop the skills for heart healthy eating to improve the health of your arteries. Get the facts on fat, cholesterol, 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.

Hot Topics in Heart Health for Nutrition: Expand the knowledge you got in the ABCs workshop! An update on various topics related to heart disease such as Mediterranean diet, antioxidants, omega-3 fats, glycemic index, and supplements.

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

Hours: See schedule: www.ottawaheart.ca/UOHI/doc/HHECworkshops.pdf

Language: English, French

Cost: N/A

Referral: Registration required by telephone

Clinic/Program: **Primacy Registered Dietitian Services**

Locations: 12 area grocery stores

Tel: 1-877-637-8589

E-mail: eatwell@primacydietitians.ca

Description: Registered dietitians available within grocery stores to provide one-on-one counselling and supermarket tours.

Appropriate for: Members of the public who are interested in learning about healthy eating and nutrition

Hours: Vary by location

Language: English, French (depending on location)

Cost: N/A

Referral: Self-referral
