

## How can I contact the Program?

If you have any questions or need to change an appointment, call the Program Assistant, Monday to Friday at:

- 905-522-1155 ext. 37327

### Location:

Level 0, Block C – Outpatient Clinic Area  
West 5<sup>th</sup> Campus  
100 West 5<sup>th</sup> Street  
Hamilton, Ontario L9C 0E3



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## Welcome to the Bariatric Medical Clinic

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**Level 0, Block C – Outpatient Clinic Area  
West 5<sup>th</sup> Campus  
100 West 5<sup>th</sup> Street  
Hamilton, Ontario L9C 0E3 (for Location)  
Mail Only Postal Code: L8N 3K7**

**905-522-1155 ext. 37327**

## What is the Bariatric Medical Clinic?

The Bariatric Medical Clinic is a hospital-based outpatient program designed to help you reach your health and weight goals. We work as a team to help you learn and practice the skills to achieve and maintain a healthy lifestyle.

### What does “bariatric” mean?

The term “bariatric” comes from the Greek words “baro” and “iatic”. Together they mean “weight treatment”.

## Your health care team in the Program

Members of your health care team include:

- Doctor
- Psychologist
- Nurse Practitioner
- Nurse
- Registered Dietitian
- Registered Social Worker
- Clinical Manager
- Program Assistant
- Registered Occupational Therapist

You are an important member of the team.

## Who can go to the program?

Your family doctor or another doctor will need to refer you to this clinic online through the Ontario Bariatric Network (OBN).

The Ministry of Health only funds one attempt within the Medical Bariatric Program.

## What can I expect at my first visit?

You will meet with the doctor or nurse practitioner at your first visit. At this visit, you will have a general physical exam and be given a form for blood tests.

The doctor or nurse will review your health and weight history and help you to identify your individual needs.

A plan of care including helping you to set a few realistic goals will also be discussed with you.

Here are some of the options as part of your plan of care that we **may** recommend for you:

- One-to-one Support
- Group Support Sessions
- Medication
- Meal Replacement
- Referral to have Bariatric Surgery

You will be given more information about these options at your first visit.