



PLEASE FAX REFERRALS TO  
**613-703-9757**

**Heidi Dutton MD MSc FRCPC Dipl. ABOM  
Lifestyle Medicine & Specialist Network**

**“Management of chronic disease through intensive lifestyle modification.”**

**COMMON ELIGIBLE CONDITIONS**

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Obesity and Obesity Related Disease*        | <input type="checkbox"/> Diabetes Type 2*             | <input type="checkbox"/> Dyslipidemia*            |
| <input type="checkbox"/> Non-Alcoholic Fatty Liver Disease and NASH* | <input type="checkbox"/> Hypertension*                | <input type="checkbox"/> Coronary Artery Disease  |
| <input type="checkbox"/> Polycystic Ovarian Syndrome*                | <input type="checkbox"/> Osteoporosis and Bone Health | <input type="checkbox"/> Cerebrovascular Disease  |
| <input type="checkbox"/> Erectile Dysfunction & Hypogonadism         | <input type="checkbox"/> Autoimmune Disorder          | <input type="checkbox"/> Atrial Fibrillation      |
| <input type="checkbox"/> Cancer (adjunctive lifestyle optimization)  | <input type="checkbox"/> Chronic Kidney Disease       | <input type="checkbox"/> Irritable Bowel Syndrome |
| <input type="checkbox"/> Chronic Insomnia                            | <input type="checkbox"/> Fibromyalgia                 | <input type="checkbox"/> Other _____              |

At Aroga Lifestyle Medicine, we treat chronic disease with intensive (yet sustainable) evidence/guideline-based lifestyle interventions as first-line therapy and where necessary, provide pharmacologic treatment. We wean medications as the patient's condition allows, and monitor patients closely, titrating medication doses as required. Consultations and follow-ups combine our medical specialist expertise with in-house allied health professionals (e.g. dietician) to optimize outcomes and provide patients with the tools necessary to take control of their own health. We work in concert with the patient's primary care provider and other medical/surgical specialists. Specialist consultations and follow-ups are fully covered by OHIP. Dietician visits accompanying specialist consultation and follow-ups are included, at no additional cost to the patient.

**POST - BARIATRIC SURGERY CARE\* - check**

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> Routine specialist follow up | <input type="checkbox"/> Vitamin Deficiency         | <input type="checkbox"/> Weight regain                     |
| <input type="checkbox"/> Dumping Syndrome             | <input type="checkbox"/> Post-prandial hypoglycemia | <input type="checkbox"/> Calcium/PTH/Vitamin D abnormality |

**SPECIALTY MEDICAL SERVICES**

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> General Internal Medicine | <input type="checkbox"/> Endocrinology | <input type="checkbox"/> Osteoporosis and Bone Health |
| <input type="checkbox"/> General Pediatrics        | <input type="checkbox"/> Hematology    |   |

**Reason for Referral:** \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**PATIENT INFORMATION**

NAME	
ADDRESS	
DATE OF BIRTH	OHIP#
TELEPHONE NUMBER	EMAIL

\*Endocrine & metabolic conditions to be seen by Dr Dutton. Remaining conditions will be seen by an Internal Medicine Associate.

Referring Physician: \_\_\_\_\_ Billing # \_\_\_\_\_ MD Signature \_\_\_\_\_

*Please provide as much supporting documentation as possible (eg. lab, consultant, imaging reports, etc.). You will be notified regarding the patient's appointment time and date. All consultation notes will be forwarded to your office via fax.*

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