



METAMED

"helping people lead healthier lives"

Suite 12, 1401 Plains Road E. Burlington, Ontario

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Sara Ahmed MD, ABIM, ABOM



The Metamed Philosophy

At our clinic, we understand obesity is a complex chronic relapsing condition and must be managed with a multifaceted approach. Metamed weight loss program incorporates a personalized and an evidence-based approach to address underlying metabolic, behavioral and psychological factors which contributes to the complexity of obesity. Our patients will be engaged in a structured program that would span over a time period of 6 or 12 months, depending on patient's preference. This would cost approximately \$125/month. In addition to the visits with an MD (which are OHIP covered), the program incorporates biweekly visits with the registered dietician. In addition, patient education and support materials, lifestyle and mindset coaching, medical therapeutics and fitness assessment will also be included.

If you have patients who are challenged with excess weight, please refer them to us for a comprehensive assessment. The opportunity of engaging in this weight loss program will be offered to them at their initial visit following which they can decide if they would like to pursue this program.

The criteria for qualifying for the program is as follows:

- 1) BMI >30kg/m² with medical, psychological or lifestyle complications.
OR
- 2) BMI >27kg/m² with **One** or more co-morbid conditions such as hypertension, prediabetes/type 2 diabetes, obstructive sleep apnea, PCOS, NAFLD, osteoarthritis or infertility.
OR
- 3) Patients who need pre-surgical weight loss.
OR
- 4) Patients who have had a history of bariatric surgery within the last year.

If your patient meets one of the criteria above, I will be happy to see them for an initial consultation, which bears no cost to the patient.

I invite you to explore the details of the program further by visiting www.metamed.ca. Please find the referral form attached below. If you any further questions kindly do not hesitate to contact me at 905-945-8080.

Best Regards

Sara Ahmed MD, ABIM, ABOM



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Patient Information

Name:	Date of Birth	M <input type="checkbox"/>	F <input type="checkbox"/>
Health Card Number:	Telephone Number:		
Address:	Email Address:		

Referring Physician Information

Name:	Billing Number:
Clinic Address:	Telephone:
	Fax Number:

We also see patients for general internal medicine consultation, with a focus on metabolic and cardiovascular conditions. We will be happy to see females with peripartum metabolic disorders and cardiovascular risks.

Additional Information regarding **current medications** and **medical history** will be greatly appreciated.

Please fax the referral to 905-390-2972.

You may also email the referral to contact@metamed.ca