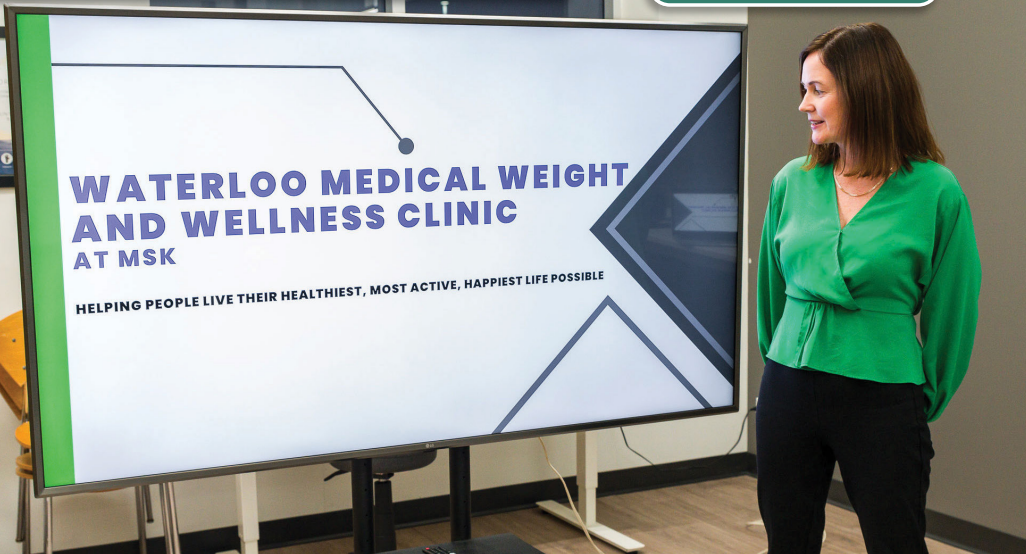


**SCHEDULE YOUR
APPOINTMENT TODAY!**



WATERLOO MEDICAL WEIGHT AND WELLNESS CLINIC

At the Waterloo Medical Weight and Wellness clinic at the MSK Centre, we understand that achieving and maintaining a healthy weight is not just about shedding pounds; it's about embracing a comprehensive approach to well-being. Our mission is to empower individuals to live their best lives by providing personalized, evidence-based strategies for weight management and overall wellness.

HERE'S WHAT YOU CAN EXPECT FROM OUR CLINIC:

- 1. Medical Expertise from Our Multidisciplinary Team:** Our team consists of medical professionals specializing in weight management, including a physician, dietician, educator, social worker, physiotherapist, and certified trainer. We leverage our collective expertise to tailor customized treatment plans to each individual's unique needs.
- 2. Comprehensive Assessment:** We start by conducting a thorough assessment of your current health status, including medical history, lifestyle habits, dietary patterns, and any underlying medical conditions. This helps us develop a personalized plan that addresses your specific goals and challenges.

- 3. Evidence-Based Approach and Treatment:** Our treatment protocols are grounded in the latest scientific research and clinical guidelines. Whether it's dietary interventions, exercise programs, behavioural therapy, or medical interventions like medication, we prioritize approaches that are proven to be effective.

- 4. Ongoing Support:** Your journey toward better health doesn't end when you leave our clinic. We provide ongoing support and monitoring to help you stay on track and make sustainable lifestyle changes. Whether it's regular check-ins with your care team, group support sessions, or access to educational resources, we're here to support you every step of the way.

Ask yourself, what is more important to me? We will support you in moving in the direction of where you want to be. We will help you live your healthiest, most active enjoyable life now and in the years ahead.

Continued on next page.



MEET THE TEAM

At the Waterloo Medical Weight and Wellness clinic at the MSK Centre, our multidisciplinary team of healthcare professionals from various fields work together to provide comprehensive care tailored to each patient's needs. Our Waterloo Medical Weight and Wellness Clinic team includes:

- Medical Physician
- Registered Dietician
- Registered Physiotherapist
- Certified Trainer
- Social Worker
- Educator

WORD SEARCH

F C S D Y R N S D A V N O A E T Z N N U P I H I J W A R B H
 G Y P V K U U H L I J V N X Y E U C J L R P G G B S V H U
 P M O E C T T S X U Q L T R Q C M G T C D Z P T U K H Z E
 A Y X F A Y R M R N N Y J K L P Z E B W U K W K C C E G N H
 N Z M X D E I A A R X O B D F F Y K M W B Z X E H X W K S S
 M Q W X V B T U E C W F Y B Y D Z R A B B S X C O F K M K H
 L R W Q U S I O W I N O G U A N C D B G R U G H A V F P D Q
 J C E G T O Y P L Y D S U S F I Y C Q B G D F O H F M N U
 E A L U P R N N M P I T P E Y V M K E B N N W E I G H T A M
 Q A L R T E S L B D H Z T N C X B O P Y Q R G I H I P V P D
 A F N B R N R M P S M S O D W P T B E E N B E Q Z A Y S O
 B G E I P G N N O O C J M B R V M Y I Z S C F X N G N E A S
 H X S C E T W T E B N Q A A I S D X L I F E S T Y L E S R U
 T V S H K H W K X F I J M A C N C P R B V X C V F R P Y D V
 E Y K V Z L D B N L O L U W M B P F E S G F K I C C T A H C
 X B E N U W K R Q I I I S P Y J H V H G O R N E H D E H B
 R X Q W D D A C M X J O T R G Y A X W O F R A T P P C P A
 P F E I X P Y C U C C M O J Y O T A K R V T P P L G I X Q K
 R J K Z K P Y I Z H K J D R R U C I N W Y V B R S B A P W K
 M U C V B Y F Q W M J H Y J Z H A K E Q K V L O X G E O V
 M X Y F P Y K R Y O A J R V R R D A H E P Y M G R L X S Y S
 P S E I P A J V B O A E G R J T U J Z C B P C O A T S T P G
 B I X T H Y Q S F Z I K O M L Z I X K D K X S K T G D F T V
 H E E N E T N T Y B D C A E Y M D W B G R F V A B V X K P F
 U Z R E A T I R H P I W X M D Z W J C U Q X Q E I J V Y X
 W L C S L X J S V Q E L S L M F J W K E F X W E U Q H N L B
 D M I S T L A M X L T Y B F T A I T B J F Z C A E R R P A L
 W X S T H B S B R P P H M I Z D D P P X W S J B S K F K X
 L B E C F M R T W Z R K U I E L Z O P Z G R E B Z B F H Y R
 Y O W J T B N W R U Y K Y B K Q Q X W R Y L Z L Q W I E D U

- | | |
|--------------|--------------|
| 1. Weight | 6. Exercise |
| 2. Wellness | 7. Strength |
| 3. Nutrition | 8. Mobility |
| 4. Diet | 9. Lifestyle |
| 5. Fitness | 10. Health |



Continued from outside.

STATISTICS

Did you know that obesity is a chronic condition with treatment options available? Treatment exists the same way it does for other chronic conditions.

Did you know obesity rates in Canada have increased over the last two decades? According to the 2022 Canadian Community Health Survey from Statistics Canada, 1 in 3 Canadians aged 18 and older (30%) were obese in 2022, up from just over 1 in 5 (21%) in 2003.

Did you know that 28% of Canadians eat fewer than 5 fruits or vegetables per day?

Did you know that obesity increases the risk for a number of chronic diseases and health conditions such as asthma, diabetes, and heart conditions?

Did you know that obesity increases the risk of onset and progression of musculoskeletal conditions such as osteoarthritis?

Did you know that your weight is heavily influenced by genetics?

Source: Statistics Canada



STAFF SPOTLIGHT

DR. JENNIFER DIGNAM

PROGRAM DIRECTOR FOR WATERLOO MEDICAL WEIGHT AND WELLNESS CLINIC

Dr. Jennifer Dignam is a family physician who runs the Medical Weight and Wellness Clinic at MSK Centre. She completed her undergraduate degrees at Western University, then graduated from McMaster University's medical school and family medicine residency program in 2011. Dr. Dignam grew up in the Waterloo region, and has worked here as a family physician since completing her training.

Knowing the importance of nutrition and activity, Dr. Dignam was specifically interested in supporting people with changing behaviour. She pursued additional training in this area, including treatment of weight and obesity as a chronic disease. With the right treatment, the quality of one's life can be changed drastically. So, Dr. Dignam was very excited to open the Medical Weight and Wellness Clinic at the MSK Centre in 2023. It includes a 6 month program that follows the Canadian Adult Obesity Clinical Practice Guidelines, and is delivered by an exceptional multi-disciplinary team. Dr. Dignam enjoys working with a team because patients benefit most. Each team member has expert knowledge and a unique, compassionate approach. This makes such a difference when providing care to individuals who struggle with a chronic condition.

Dr. Dignam is also the family physician for adults living in group homes at Sunbeam Community and Developmental Services. She is proud to be part of this wrap around team as well, providing care to lovely individuals in our community. Dr. Dignam is grateful to work with such excellent healthcare professionals both at MSK Centre and Sunbeam!



SUCCESS STORIES

The staff and services here are wonderful! If you have an injury nagging you give them a try. I highly recommend them! One stop shop for massage, chiropractic, bracing, and of course physiotherapy.



AT-HOME EXERCISE

CORE KICKOUTS

Start by lying on your back with your knees bent to 90-degrees and your feet on the floor. Slowly kick one leg straight out and then bring it back in. Repeat on the other side. Make sure to keep your abdominals braced. Repeat 3 sets, 10 reps each.



Always consult your physiotherapist or physician before starting exercises you are unsure of doing.

**CONTACT
MSK MEDICAL
WEIGHT AND
WELLNESS!**

855.428.2013

FAX: 519.489.2988

Or reach out to us online at
weightandwellness@kwmsk.ca

ABOUT THE WATERLOO MEDICAL WEIGHT AND WELLNESS AT THE MSK CENTRE

ABOUT THE WATERLOO MEDICAL WEIGHT AND WELLNESS CLINIC AT THE MSK CENTRE

The goal of the program is to support individuals with health gains through behaviour change over time, while supporting positive body image. We are happy to see anyone struggling with their weight and related co-morbidities. We focus on lifestyle changes. There may be a role for medication. We do not promote a specific diet or exercise, instead we meet people where they are right now and work towards sustainable, long-lasting changes. We do not focus on rapid weight loss.

We offer evidence-based-treatment for anyone struggling with their weight, addressing the biologic/hormonal dysfunction that contributes to weight gain. Most people we see have been offered medical treatment for their struggle with their weight, as we understand it now. There will be weight loss over time for many individuals, but the scale is not the focus.

The goal of the program will look different for everyone. It may be improved energy or endurance now, or maintaining mobility and independence long into the future, working on body acceptance or it may mean improved blood sugars to prevent or treat diabetes.

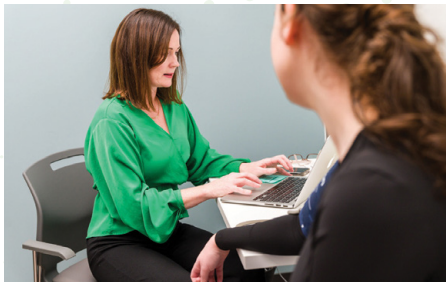
One of the physicians on our team will provide an OHIP covered obesity medicine consultation with a referral, which includes education, assessment and recommendations. No negation to family physicians. We have partnered with a few local pharmacists who provide education

on medication as needed. The 6 month program fee for non-OHIP covered services is \$1550 (does not include cost of medication if indicated). We provide receipts for work done with the Registered Dietician (\$700) and Social Worker (\$100) as needed for extended health benefits. The program fee is due at the start of the program, or it can be divided into 2 payments. Receipts for benefits will be issued over the course of the program (as above), as visits are completed. Additional fee to work with the trainer is \$400, if you feel it is right fit for you.

The program involves both in-person and virtual care, as well as individual visits and group appointments. There are typically 2-3 appointments each month.

If interested, please ask your physician to fax a referral letter to Dr. Dignam at Waterloo Medical Weight and Wellness Clinic at (519) 489-2988 (there is no specific referral form), or they can send an eReferral through OCEAN.

If you have any further questions about the Waterloo Medical Weight and Wellness clinic, do not hesitate to contact the clinic.



← FOLLOW US FOR MORE UPDATES!