

Lipids and Primary Prevention Clinic

Ontario-wide Telehealth Clinic

Phone: 647-200-5112

Fax: 289-858-2506

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<https://lipidsandprimaryprevention.com/>

**Lipids and Primary Prevention Clinic**

Ontario Lipids Telehealth Clinic

Ontario Lipids Clinic: Lipids and Primary Prevention Telehealth Clinic

Expert Telehealth Support for Cholesterol, Hypertension & Internal Medicine in Ontario

We're pleased to introduce the Lipids & Primary Prevention Clinic (LAPP), a virtual, Ontario-wide internal medicine telehealth clinic dedicated to the management of lipid disorders and cardiovascular risk reduction. We accept referrals from all physicians and nurse practitioners for our OHIP-funded services offered Ontario-wide.

Our team of lipid specialists and internal medicine physicians provides comprehensive virtual care for patients with complex cholesterol disorders, statin intolerance, and elevated cardiovascular risk.

We aim to reduce the burden on your practice by managing time-consuming lipid and primary prevention cases from start to finish. This includes conducting detailed assessments, risk stratification based on current guidelines, lab monitoring, medication titration, and evaluation for advanced therapies such as PCSK9 inhibitors and other non-statin agents. We send back clear, actionable recommendations and follow-up plans, so your clinic isn't left coordinating labs, managing side effects, or navigating access to medications. You remain the primary provider, we simply act as a trusted extension of your care team to help your patients reach goal and reduce long-term cardiovascular risk. Our clinic also hosts OHIP-covered Virtual Group Sessions to provide further education to patients from various scopes (see below).

We evaluate and manage:

- Elevated LDL-C, triglycerides, or mixed dyslipidemia
- Patients with statin intolerance or suboptimal response to therapy
- Familial Hypercholesterolemia and other inherited lipid disorders
- Eligibility and access for non-statin therapies such as PCSK9 inhibitors, ezetimibe, and icosapent ethyl
- Patients with elevated Lp(a), remnant cholesterol, or other advanced markers
- Cardiovascular risk assessment using current Canadian guidelines

You may use our attached referral form, or simply fax your own referral form, whichever is most convenient for your clinic. Fax referrals to: 289-858-2506. Or, find us on Ocean.

For questions or coordination, contact us at: 647-200-5112, lappclinic@gmail.com

We look forward to partnering with you to deliver high-quality, specialized care for your patients.

Sincerely,

The Lipids and Primary Prevention Clinic Team

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OHIP-Covered Virtual Group Program Now Available

Six-Week Virtual Group Education Series: Led by a physician, this program is designed for patients who may benefit from structured education and support to lower their cardiovascular risk and improve their lipid profile.

Weekly Topics Covered:

1. **Understanding Cardiovascular Risk and Cholesterol**
 - Basics of lipids, interpreting labs, and understanding individual risk.
2. **Heart-Healthy Diet and Lifestyle Foundations**
 - Practical nutrition guidance based on Mediterranean and Portfolio diets.
3. **Exercise and Physical Activity for Cardiovascular Health**
 - How movement supports lipid control and cardiovascular fitness.
4. **Medication Options for Cholesterol Management**
 - Statins and non-statin therapies, benefits, side effects, and safety.
5. **The Role of Sleep and Stress in Heart Health**
 - Impact of sleep quality and stress management on lipid levels and overall risk.
6. **Building Long-Term Habits and Staying on Track**
 - Habit formation, tracking tools, relapse planning, and sustaining progress.

Program Highlights:

- Physician-led and delivered via secure telehealth
- Group format allows for education, support, and accountability
- Post-program summary letter sent to referring provider upon request
- OHIP-billable; no fees for patients

How to Refer:

Fax: use the referral sheet attached, or use your own referral sheet, to: **289-858-2506**

Or, find us on Ocean.

For details on other services we provide, please reference the referral sheet below.

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REFERRAL FORM

Lipids and Primary Prevention Clinic

*A downloadable pdf of this form is available on our website.***Provider Information:**

- Provider's Name and Billing Number: _____
- Clinic/Practice Name: _____
- Phone Number: _____
- Fax Number: _____

Patient Information:

- Patient's Full Name: _____
- Date of Birth (DD/MM/YYYY): _____ Gender: _____
- Health Card Number & VC: _____
- Address: _____
- Phone Number: _____
- Email Address: _____

Lipids and Cardiovascular Prevention (Check all that apply):

- ☐ Comprehensive lipid evaluation and management
- ☐ Cardiovascular risk assessment and stratification
- ☐ Lipid-lowering medication management and lifestyle recommendations
- ☐ Advanced testing (e.g., genetic testing if applicable)
- ☐ Virtual Group Sessions (6 weeks, OHIP-covered)
- Other: _____

Please attach the following, if applicable:

- Recent Lipid Panel, HbA1c and Blood Glucose levels, Blood Pressure Readings
- Medical History, Recent Investigations (e.g., imaging, other specialist reports)
- Relevant clinical notes (if applicable)

Return completed form via Fax: 289-858-2506