

**Lipids and Primary Prevention Clinic**

Ontario-wide Telehealth Clinic

**Phone:** 647-200-5112**Fax:** 289-858-2506

lappclinic@gmail.com

<https://lipidsandprimaryprevention.com>**Lipids and Primary Prevention Clinic**

Ontario Lipids Telehealth Clinic

**Lipids and Primary Prevention Clinic: Ontario Lipids Telehealth Clinic***Telehealth Support for Cholesterol Management and Cardiovascular Risk Reduction in Ontario*

We're pleased to introduce the Lipids & Primary Prevention Clinic (LAPP), a virtual, Ontario-wide 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 clinic also hosts OHIP-covered Virtual Group Sessions to provide further education to patients from various scopes (see next page).

**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
- Therapies such as PCSK9 inhibitors, Inclisiran, and icosapent ethyl
- Patients with elevated Lp(a)
- Cardiovascular risk assessment

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**