

Lipids and Primary Prevention Clinic
Ontario-wide Telehealth Clinic
Phone: 647-200-5112
Fax: 289-858-2506
lappclinic@gmail.com
<https://lipidsandprimaryprevention.com>



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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