



# Valley Metabolic Health Clinic

## Referral Form

Fax: (902) 542 -1759

valleymetabolichealth.com

PATIENT FIRST NAME:

PATIENT LAST NAME:

FAMILY PHYSICIAN/NP:

MSI NUMBER:

DATE OF BIRTH:

PHONE:

PATIENTS EMAIL:

**I am referring to Dr. Michael Mindrum, Dr. Melanie MacNeil, Dr. Christa Mindrum, or other VMH clinician for medical evaluation of an adult > 18 yrs of age with (please check all that apply):**

- Type 2 DM
- Pre-Diabetes
- Obesity with BMI > 30
- BMI 27 to 30 and 1 Comorbidity (please list): \_\_\_\_\_
- PCOS
- Fatty Liver

The patient may be offered an opportunity to enrol in a structured medically supervised program designed to support patients engaged in a lifestyle intervention that may include a low carbohydrate high fat diet (LCHF) or other form of therapeutic nutrition (as our resources develop) to improve their metabolic disease. Up to date information about our clinic and current programs are available on our web-site.

Please indicate whether or not the patient has expressed interest in therapeutic nutrition:

- Yes
- No

It is helpful to ensure:

- Patient's medical history and medication is included referral.
- Patient's email is included.
- Patient is aware that a fee may be associated with *optional* lifestyle interventions depending on availability.
- Relevant labs are attached or updated and copied to Dr. Michael Mindrum:

- HgbA1C completed within the past 6 months (or 3 mos. if diabetes).
- Lipids, creatinine, potassium, TSH, AST, ALT, CBC, urine albumin/creatinine ratio in the past 12 months

**Clinician's Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

### VALLEY METABOLIC HEALTH

There is a rising tide of type 2 diabetes and complications of obesity in Nova Scotia. These diseases are not due to issues with personal will power or moral failings but instead due to our social and food environment.

With proper support and guidance we can help patient's shift toward a healthy pattern of eating, improve sleep, increase fitness, and improve health and quality of life. Our health care system needs to be reoriented in order to support patients in their journey toward wellness. This is the reason **Valley Metabolic Health** was born.