

Info for New Patients

This is written for prospective patients who are interested in our diet program.

Our program is designed to help obese patients who are suffering from weight related medical conditions. We hope that the program, through lifestyle changes, can improve their diseases. This is not a weight loss clinic; hence, we do not see patients without any obesity related conditions.

This is a partial list of medical conditions that qualify for treatment under this program:

- Type-2 diabetes
- History of gestational diabetes
- Family history of type-2 diabetes in parents or siblings
- High blood pressure
- Abnormal cholesterol (high LDL or low HDL)
- High triglycerides
- Abnormal liver function test
- Fatty liver, with positive ultrasound result
- Arthritis
- Lower back pain
- Infertility
- Polycystic ovarian syndrome
- Hirsutism
- Male breast enlargement
- Snoring
- Sleep apnea
- Idiopathic Intracranial Hypertension
- Reflux or hiatus hernia
- Hernia that requires repairing
- Varicose veins
- Cancer survivor
- Family history of premature (less than 55 y.o.) heart attack, stroke, or cancer

Other conditions may also qualify. Acceptance into the program will be at the discretion of the supervising doctor, and determined after the patient's first consultation meeting. We will see ALL patients for the initial consultation, but this does not mean that all patients will be accepted into the program. The doctor will discuss the diet plan with the patient and mutually determine if this is the right lifestyle for the patient. We expect patients to maintain this lifestyle forever and to not return to their old eating habits, if success on this program is to be achieved. (Please read the ["Success Rate of Dr. Poon's Metabolic Diet Program"](#) tab).

Steps to book your first appointment: We prefer that your family doctor or specialist fax a referral letter, along with your latest blood work, to your clinic of choice. Our clinic locations, email addresses, phone and fax numbers can be found at the “[Contact Us](#)” tab of this website. Our clinic staff will contact you directly to arrange your first consultation meeting. You can also self-refer to the clinic by faxing a copy of your blood work (even if all the tests are normal), and a list of your medications, to your clinic choice and then contact the clinic directly by phone or email. Patients should expect to spend one hour at our clinic, at the first consultation meeting. Bring your eyeglasses and do not come late. There is no fee for this first consultation meeting; however, if the patient fails to cancel the appointment 48 hours before the appointment, or does not show up for the appointment, a fee of \$36 will be charged before the patient can book another consultation appointment.

Dr Poon’s Metabolic Diet Program: This program is about lifestyle changes. It will start with dietary management, which consists of 3 Phases. Phase 1 is about consuming the essential nutrients that humans need. Phase 2 is about adding foods to help patients satisfy their taste variety and preference. Phase 3 is for maintenance. Only Phase 1 will be discussed at the first appointment. Phases 2 and 3 will be introduced to the patient at the discretion of the supervising doctor. When the time comes, exercise counseling, label reading counseling, sleep hygiene counseling, and stress management counseling will be provided. Diet is the main part of this new lifestyle. Without the proper diet plan, exercise alone will not be effective. The diet is about WHAT to eat and not HOW MUCH to eat. Because it is not a specifically calorie-restrictive diet, there is no hunger involved. Sugar is the most important thing to avoid on this diet program. If the patient cannot give up sugar, this will not be the type of diet that the patient should try. Yo-yo dieting is worse than no dieting at all, because it usually leads to a diminished metabolic rate.

Patients will be asked to read and sign the “Consent and Agreement to Treat” form (see next page) at the first appointment.

Consent and Agreement to Treat

By signing my name below, I certify that I am

1. suffering from medical condition(s) related to my obesity and require weight loss in order to regain my health and have been recommended by my doctor/specialist to seek diet counseling
2. going to seek my own family doctor's opinion for conditions that are not related to this diet program. I understand that the doctors in this clinic will not examine or give opinions on conditions not related to my nutrition
3. aware that physicians of this clinic will check my urine and blood periodically, as needed, to monitor my progress and health condition
4. giving consent to physicians of this clinic to communicate with my family doctor and/or specialist regarding my health
5. not going to duplicate any part of the books, handouts or teaching materials (copyright)
6. aware that I do not have to purchase any book, supplement, or food products. Any purchase is done on a voluntary basis. Any associate programs offered at the clinics are all optional
7. aware that there is no charge on the first visit. If I wish to continue with the diet, there is a one-time administration fee of \$20 which covers the first copy of phase 1, 2, 3 handouts and all subsequent counseling handouts. Do not lose these handouts because replacement handouts are \$1 per page. I understand that I am allowed to make copies for my own use, but not for distribution (copyright)
8. aware that the physiotherapy, sleep clinic, and exercise programs are run by a third party not related to Dr. Poon's Metabolic Diet Program, and that participation is on a voluntary basis
9. going to give the office a 24-hour notice in person, telephone message or email if I have to change or cancel my appointment, otherwise a \$36 fine for no-show must be paid before another appointment is booked. There is no exception, except for extreme emergencies and at the discretion of the doctor
10. not going to ask physicians and staff members for over-the-phone or email consultation, reports, advice, or medication repeats (it is a medical/legal issue). I can book an urgent appointment to see any doctor here
11. aware that the first consultation is not an automatic acceptance to the program. It will be up to the supervising physician to accept or decline me as a patient (according to my weight, medical conditions, and commitment). I understand that if I do not follow the diet program, the supervising doctor has the right to discharge me at any stage of the diet program
12. aware that this is not a weight loss clinic, but a program to help me to fight my weight related diseases through dietary counseling and education
13. aware that I will be assessed by either Dr. Pat Poon or one of his associates. I might not be seeing the same doctor at each visit
14. aware that I have to pay a fee of \$10 if I just wish to be weighed without an appointment
15. aware that the doctors of the clinic will try to keep the booking schedule as close as possible; however, it is possible that there may be delays. If I complete the weigh-in but do not wish to wait to see the doctor, a fee of \$46 will be charged to me
16. ready to make changes in my lifestyle and to not return to my old eating habits
17. provided with ample time to read this consent form and have my questions answered
18. giving consent to this clinic to use my anonymous medical and weight data (without mentioning my name) in scientific research papers and communications
19. verbal abuse, in person, by phone and/or email to the staff or the doctors is grounds for an automatic discharge from the program, and from any of our clinics

Regarding the \$20 Administration Fee:

The following items are included in this one-time, non-refundable fee:

1. The first copy of any handout that the physician gives to the patient is covered by the administration fee. However, any replacement handout will be charged at \$1 per page. You are allowed to make copies of these handouts for personal use only.
2. Patients need to provide 24 hours notice to the clinic, in order to cancel or reschedule their appointment by phone or email, otherwise a \$36 fee will be charged to the patient. However, the patient's first missed appointment fee will be covered by this administration fee.

Brampton Clinic: brampton@poondiet.com 905-450-2700

Pickering Clinic: pickering@poondiet.com 905-509-6888

Mississauga Clinic: mississauga@lifeclinics.ca 905-366-0053

Thornhill Clinic: thornhill@poondiet.com 905-771-7600

Toronto Clinic: toronto@poondiet.com 416-461-4443

Patients who have unusual work schedules should avoid booking return visits ahead of time. Call the clinic on the same day that you can come and the clinic will try to fit you into their schedule. This will help patients avoid the same-day cancellation fee.

3. Patients will have the opportunity to join the *Dr. Poon Diet Secret Support Group* on Facebook. Send an email to drpoondietgroup@gmail.com with your full name, your clinic location and your email address and we will send you an invite to join the group. It offers patient support and motivation, label reading help, recipes, exercise tips, etc. Membership to this group will be terminated at anytime if patients do not follow the rules of this Facebook group. A set of rules, as well as useful links and documents will be given to you when you join the group. Please be sure to read them.
4. This administration fee remains valid for each patient, as long as you are a patient of a clinic and are seen at least once every twelve months. If you fail to visit the clinic for any twelve month period, and wish to restart the diet program, you will have to pay another administration fee.
5. This fee is not transferable from patient to patient, or from clinic to clinic.
6. Patients need to show a valid health card EVERYTIME he/she comes for follow-up visits. If the patient forgets to bring their health card, or if the health card is invalid, a refundable deposit of \$40, payable by the patient, will be kept by the clinic. A full refund of the deposit will be returned to the patient, once a valid health card is presented to our clinic. This fee will be waived once per patient, with the payment of the Administration Fee.
7. OHIP will only pay for 1 doctor visit per day. If the patient visits their family doctor and clinic doctor on the same day, OHIP will only pay for 1 doctor visit and either the family doctor, or the clinic doctor, will not be paid. The patient will be responsible for paying the other doctor out of his/her own pocket. This Administration Fee will cover the first double doctor appointment mistake. The second occurrence will be billed to the patient.
8. The Administration Fee does not cover sick notes, doctor's report to insurance company or lawyer, photocopying fees or any fee not mentioned above.