



# Obesity Care Clinic

## What is the Obesity Care Clinic?

The Obesity Care Clinic treats adults living with obesity in Eastern Zone (Cape Breton Island, Antigonish and Guysborough counties). Obesity occurs when a high amount of body fat has a negative effect on a person's health. Obesity is a chronic disease that requires life-long management, similar to diabetes and high cholesterol. The clinic follows the *Canadian Adult Obesity Clinical Practice Guidelines*: <https://obesitycanada.ca/guidelines/>. These guidelines involve:

- Counselling interventions to change your behaviours
- Medication(s)
- Healthy eating habits
- Physical activity
- Bariatric surgery\* (weight loss surgery completed in Halifax by the Halifax Obesity Network team)

*\*This clinic focuses on counselling intervention and medication(s). It **does not** offer bariatric surgery.*

## Who is the clinic for?

The clinic may be right for you if you:

- are 18 years old or older.
- live on Cape Breton Island (Cape Breton, Inverness, Richmond & Victoria counties) or in Antigonish County or Guysborough County.
- live with excess body fat and have another health concern, like:
  - ⇒ Type 2 diabetes
  - ⇒ high cholesterol
  - ⇒ high blood pressure
  - ⇒ fatty liver disease not caused by alcohol
  - ⇒ stroke or mini-stroke
  - ⇒ obstructive sleep apnea (pauses in breathing while sleeping)
  - ⇒ heart disease
  - ⇒ polycystic ovarian syndrome (in women, hormonal imbalances that can contribute to weight gain)
  - ⇒ osteoarthritis (joint pain and stiffness caused by degenerative changes in the joint)
  - ⇒ infertility (difficulty getting pregnant)
  - ⇒ quality of life concerns (i.e., pain, mobility, self esteem, mental health, etc.)



The clinic is not right for you if you:



- have had stroke or mini stroke, a heart attack, angina, or a blood clot within the past 3 months (90 days).
- are pregnant or breastfeeding.
- have an active substance use disorder.
- have an active eating disorder.
- have a mental health disorder that is not being managed effectively.

**Note:** *If you would like to have weight loss surgery, you need to be referred to the Halifax Obesity Network. This can be done by your primary care provider.*

## How do I access the clinic?

You must be referred by a physician or nurse practitioner.

Some patients may be referred to the clinic by specific surgeons for pre-surgical weight loss treatment. This treatment helps patients lose weight before their hip or knee joint is replaced to help them get the best results from their surgery.

## What will happen at my appointment?

The focus of our program is to find and treat the root cause of your obesity as a chronic (ongoing) disease.

We will help you focus on your values and develop SMART (Specific, Measurable, Achievable, Relevant, Time-bound) goals to help you improve what is important to you (for example cholesterol, movement, mood, weight, blood sugar levels, quality of life).

You will be invited to join a 12-week group class.

In the classes, you will learn about:

- Changing your behaviour
- The role of the brain in obesity
- Healthy eating and physical activity
- Skill building such as stress management, improving sleep etc.



You will also be offered:

- Individual appointments with the team for support, as needed
- Physical activity classes
- Medication(s) counselling

After 12 weeks, we will offer group meetings every three (3) months and individual appointments, as needed, for up to one (1) year.

After 12 months, you will be assessed for discharge from the clinic. You will have the option to be referred again.



## Meet our Team

Our programs are led by the clinic's multi-disciplinary team.

Our team includes:

- Clinical Social Worker
- Registered Dietitian
- Physiotherapist
- Registered Nurse
- Nurse Practitioner
- Occupational Therapist
- Doctor
- Psychologist or Counselling Therapist

## Contact us:

**Obesity Care Clinic**  
Sterling Health Centre

3 Sterling Road  
Glace Bay, NS

B1A 3X2

Phone: 902-842-3965

Fax: 902-842-5142



Updated: March 2023