



Toronto East General Hospital Family Practice Obstetrics Group

The Toronto East General Hospital would like to introduce the Family Practice Obstetrics (OB) Group. Formed in 2003, our group has provided excellent services to hundreds of low risk obstetrical patients. The group currently consists of 9 family physicians in two different locations. Here at the South East Toronto Family Health Team, we have Drs. Jackie Bellaire, Blaise Clarkson, Eleanor Colledge, Louisa Huband, Betty Hum, and Tia Pham. At the Flemingdon Community Centre we have Drs. Lisa Iik, Kelly Grant and Rajani Vairavanathan. We provide prenatal and postnatal care for mother and baby up to 6 weeks after delivery, after which mother and baby are returned back to their family physician for ongoing care.



The South East Toronto Family Health team would also like to announce its **NEW** private OB patient telephone referral line. This line will be available to all patients who are interested in obstetrical care. Any patient with inquiries regarding the OB group can call the private line for assistance. For more information, please speak to one of our front line staff members and be sure to ask for an OB information package.



You can also book an initial appointment by calling the TEGH Family Practice Obstetrics Group referral line at [416-469-6580 x3514](tel:416-469-6580)

Healthy Weights Program

The South East Toronto Family Health Team (SETFHT) is pleased to announce the launch of the Health Weights Program. In collaboration with Toronto's Parks, Forestry, and Recreation, this pilot program is for SETFHT patients with a Body Mass Index (BMI) over 30.



2 out of 3 adults in Canada are overweight or obese. Because obesity is such a critical health issue in Canada, the Healthy Weights Program has been developed to help reduce the number of people affected by obesity. It has also been developed to help people achieve a healthy weight and provide support and resources to ensure that a healthy lifestyle is maintained.

A team of healthcare professionals will work with enrolled patients to help them manage weight related issues such as high blood pressure, high cholesterol levels and Type II Diabetes. The Healthy Weights program aims to help individuals lose 5-10% of their of their weight, ultimately lowering the risk of developing or worsening any related conditions. The overall goal of the program is to:



Help You to improve YOUR health and wellbeing!

Speak to any member of our team to learn more about the Healthy Weights Program.

Do you have CHF or COPD? Have you visited the Emergency Department or have been hospitalized because of your disease in the past year? If you answered yes, you may benefit from SETFHT's Telehomecare Project— please speak to your primary care provider for more details.

