Markham Stouffville Hospital
Oak Valley Health

Carefirst Family Health Team

Adult Diabetes Education Centre
Health Services Building
319 Church St. Room 308
Markham ON L6B 0T1

Carefirst Family Health Team
Location 1: 300 Silver Star Blvd, 2/F,
Scarborough ON M1V 0G2
Location 2: 420 Hwy 7 east, Unit 27,
Richmond Hill ON L4B 3K2

Weight Management Referral

**This program is open for adults 18 years and older, with BMI of 27 or higher.*
Exceptions: Eating disorders, alcohol abuse, active suicidal ideation, within 1 year of post bariatric surgery.

Fax referral to Diabetes Education Center at Markham Stouffville Hospital at 905-472-7533

If this section is selected, would you like diabetes services provided for the selected patient as well? ☐ ***Yes*** ☐ ***No***

Please select one of the following locations for diabetes education management

☐ Adult Diabetes Education Centre
Fax: 905-472-7533
Tel: 905-472-7527
(Type 1, Type 2 & Prediabetes)

☐ Carefirst Diabetes Education Program
Fax: 905-695-0826
Tel: 905-695-1140
(Type 2, Prediabetes & At-risk)

Name:		Gender: ☐ M ☐ F DOB (dd/mm/yyyy)	
Address:		Hm. Phone #	Wk. Phone #
City:	Postal code:	Health Card #	
Referring MD:	Referring MD Signature:	Phone #:	Fax #:

Obesity

☐ Overweight (BMI >27)
☐ Obesity Class I (BMI 30 - 34.9)
☐ Obesity Class II (BMI 35 - 39.9)
☐ Obesity Class III (BMI greater than 40)
Exercise restrictions ☐ Yes ☐ No - Comment: _____

Type of Diabetes

☐ Type 1 (at Markham site only)
☐ Type 2
☐ Prediabetes (Impaired Glucose Tolerance)
☐ At risk (at Carefirst site only)
Date of Diagnosis: _____

Health History

☐ **See attached**
☐ Cardiac Hx _____
☐ Vascular disease
☐ Hypertension
☐ Neuropathy
☐ Retinopathy
☐ Nephropathy
☐ Mental Health Concerns
☐ Dyslipidemia
☐ Foot/Skin Problems
☐ Obesity
☐ Exercise Restrictions
☐ Other _____

Allergies: ☐ NKA

Lab Data (within the last 3 months)

☐ **See attached**

Date	FBG/RBG	HbA1C	CHOL	HDL	LDL	TRIG	Creatinine	Microalbumin/Creatinine Ratio

Current Diabetic Medications / Dose / Timing:

Oral Hypoglycemic Agents:

Insulin:

Other Medications: