



Trifecta

WEIGHT MANAGEMENT

ABOUT THE PROGRAM

Trifecta Weight Management Program encompasses three principles of weight management:

- Mindful Eating
- Movement
- Medical Management

Obesity is a chronic disease and it requires a multidisciplinary approach. Patients will be followed long term to achieve the 'best weight' and most importantly healthy lifestyle changes that will help sustain weight loss.

CONTACT

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PATIENT INFORMATION:

Patient name:

OHIP Number:

Phone Number:

BMI:

PCP name:

PCP OHIP billing number:

COMORBIDITIES:

- Diabetes
 - Hyperlipidemia
 - GERD
 - Sleep apnea
 - Heart disease
 - Hypertension
 - NAFLD
 - depression
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