

# Regional Bariatric Care Centre



Thunder Bay Regional  
Health Sciences  
Centre

## What's New in Our Medical Program

---

The Regional Bariatric Care Centre at Thunder Bay Regional Health Sciences Centre is pleased to share important updates to our medical (non-surgical) program. These changes are designed to provide flexible, timely, and comprehensive care to support patients in managing their health and well-being.

*While this program focuses on non-surgical treatment options, bariatric surgery remains available for patients who are eligible and interested.*

---

### Program Highlights

**Program Length:** 12 months

**Flexible Start Dates:** Program start dates are no longer fixed. Patients can now begin the program flexibly at any time throughout the year.

**Treatment Options:** Including pharmacotherapy (weight management medications) and/or meal replacement therapy (partial or full), tailored to patient needs.

**Bi-weekly Education Sessions:** Patients are encouraged to attend education sessions regularly, selecting sessions that are meaningful to them. Topics include nutrition, movement, emotional eating, behaviour change, stress management, and more.

**Ongoing Individual Support:** Patients will have access to one-on-one support throughout the program. Support is available from our dietitian, kinesiologist, social worker, nurse, and nurse practitioner. The team works collaboratively to help patients build sustainable, personalized strategies for health and well-being.

### Who Is This Program For?

Adults seeking non-surgical support for obesity and related health concerns who would benefit from a comprehensive, one-year program that includes pharmacotherapy and/or meal replacement therapy, education sessions, and individualized support.

### Referral and Enrollment Information

#### Program Eligibility

The program is designed for patients who meet the following criteria:

- 18 years of age or older (Referrals may also be accepted for individuals aged 17.5 years and older)
- Have a Body Mass Index (BMI) of 35 or higher
- OR, have a BMI between 30 and 34.9 and at least one of the following medical conditions (as determined by a referring provider):
  - Complicated type 2 diabetes mellitus
  - Idiopathic intracranial hypertension
  - Poorly controlled hypertension

#### For Patients

If you are interested in joining the program, please speak with your doctor or nurse practitioner about a referral. Once referred, our team will be in contact with you to schedule orientation to our program.

#### For Primary Care Providers

To refer a patient, please use the **Online Referral System** via the Ontario Bariatric Network: <https://www.ontariobariatricnetwork.ca/referring-physicians>