



Dr. Saima W. Khan | CCFP IPM ABOM

MD Led Weight Management | Chronic Pain

Exceptional Care Without Exception

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New Practice Announcement

Dear Colleagues:

We are pleased to announce that Dr. Saima W. Khan has opened a new *MD-led Weight Management Clinic* in Mississauga (located on Burnhamthorpe and Mavis).

Obesity is a complex disease that develops from the interaction of *metabolic, genetic, social, behavioral, and cultural* factors. We at Mavis Medix encourage patients and their physicians to view Obesity as a chronic disease that can be treated with medications, behaviour modifications, and surgical interventions. This outlook helps compliance and better overall outcomes.

Research shows that regular interactions with health professionals and monitoring of weight is linked to greater weight loss and maintenance. Our approach is evidence-based, **“The Best Weight Approach”** that focuses on long term Weight Management rather than just Weight Loss.

Our services are OHIP covered, which include:

- MD supervised Consultations and Follow-up visits that focus on Patient’s Values
- MD led Nutritional & Physical Activity Counselling to prevent further Weight Gain
- MD led Behaviour Modification strategies and workshops that help increase Awareness and minimize Obesity Bias
- OPTIFAST Meal Replacement Weight Management Program (additional fees apply, non-OHIP)

Biography:

Dr. Saima W. Khan is a Family Physician (CCFP) with a change of scope practice in Intervention Pain Medicine (IPM), where she manages Chronic Pain with interventions like, Nerve Blocks, ParaSpinal and Facet blocks, etc. While working with Chronic Pain, she realized that one of the biggest barriers in treating Chronic Pain is their weight. She now holds a Diplomate American Board of Obesity Medicine (ABOM) and offers her expertise to all people with obesity.

Referrals:

- Assessment can be in-person or online.
- Your patient will be contacted directly.
- Arabic and Urdu language counselors are part of the team.
- Dr. Saima Khan has a focused practice designation hence FHO physicians will not be affected.
- On-site pharmacy available to help patients with insurance claims for Anti-Obesity Medication (AOM)

****Kindly please attach the patient’s most recent Blood Work with the Referral. Thank you****

Referrals can be sent via:

Email at clinic@mavismedix.com or FAX to (905)-277-1818.