



Centre for Addiction and Mental Health
Centre de toxicomanie et de santé mentale

Eating Disorders and Addiction Clinic
Centre for Addiction and Mental Health
33 Russell Street
Toronto, Ontario M5S 2S1

Letter for Physician

To:
RE:
Date:

Dear Dr. _____:

Your patient, _____, has approached the Eating Disorders and Addiction Clinic at the Centre for Addiction and Mental Health (CAMH) for an assessment for admission to our treatment program. The program is a treatment for eating disorders and addiction problems.

In order for your patient to be eligible for treatment in our program, we ask that you confirm that your patient is currently medically stable (based on a physical exam and appropriate investigation) and physically able to participate in an outpatient treatment. We suggest the following tests be completed in addition to the tests you believe would be useful and necessary:

- CBC, BUN, creatinine, electrolytes, random glucose
- Magnesium, Calcium (corrected), Phosphate
- TSH
- AST, ALT, ALP, total bilirubin, albumin
- Urinalysis
- ECG

Please inform us of any medical issues that may affect your patient's participation in our program and indicate how frequently you intend to see this patient. All patients will be encouraged to be active, according to Canada's Physical Activity Guidelines. Please advise us if your patient requires exercise restrictions.

We cannot guarantee that our program will be appropriate for your patient prior to completing our intake assessment. The assessment involves a series of appointments to examine whether or not our program is likely to meet his or her needs. As our program does not provide medical treatment, we expect that you will continue to act as their physician. In addition, we will refer this patient back to you if the program is deemed inappropriate, if they leave the program before its completion, or when they have finished treatment.

Please find the attached forms (Referral Forms 1 and 2) to be completed and faxed to the Eating Disorders and Addiction Clinic at 416-595-6399.

Should you have any questions or concerns about these requests, specifically or about the program in general, please feel free to contact the Clinic Head, Dr. Christine Courbasson, at: 416-535-8501 ext. 6620.

Sincerely,

Christine Courbasson, Ph.D., C.,Psych.
Head, Eating Disorders and Addiction Clinic
Centre for Addiction and Mental Health