New Year’s resolutions for a healthier 2013

The Addictions Clinic at Women’s College Hospital can help your patients improve their health and wellbeing.

A new year is often an opportunity for a fresh start and for many people this means quitting smoking. The Addictions Clinic at Women’s College hospital offers an innovative new smoking cessation program which combines both counseling and pharmacotherapy strategies to maximize outcomes. Dr. Mel Kahan, Medical Director of the Addictions Clinic encourages those who are interested to try out the program’s approach. “Patients who are motivated to quit smoking can often achieve results which lead to improved overall health, quality of life and prognosis.”

Dr. Kahan, who has been with the clinic since it opened in October 2012, works with an interdisciplinary team consisting of Dr. Inbal Gafni, a psychiatrist, and Leslie Molnar, a social worker. Prior to leading this clinic, Dr. Kahan worked at the addictions clinic at St. Joseph’s Health Centre for 17 years.

Patients who are referred to the clinic can expect to receive rapid assessment and treatment. The clinic model prides itself on a patient-centered approach which is responsive to crisis situations. In an effort to keep treatment barriers to a minimum, inflexible referral policies and procedures do not exist.

In addition to smoking cessation, the clinic also offers support with alcohol and opioid addictions. For improved sustainability, all treatment regimens consider a holistic approach including both socially and medically assisted detox and maintenance.

Referrals processed through the S.C.O.P.E. hub will avoid incurring outside use penalties. To refer a patient, please call 416-603-6418.
Having an opportunity to work with a diverse patient population with diverse health care needs was a key factor in Dr. Gabriel Vadasz's decision to become a family physician. “I like to do a bit of everything,” says Dr. Vadasz. “I have been a family physician in Toronto for 35 years, and a coroner for the City of Toronto for 25. I've done it all.”

Since SCOPE launched in September 2012, Dr. Vadasz has referred many patients to each of the SCOPE services. Each referral, is handled more expediently than if he had gone through traditional channels.

“The wait time for referrals is much shorter,” says Dr. Vadasz. “For one of my patients, Joyce at the Navigation hub personally walked the referral upstairs to Neurosurgery and waited while the specialist triaged the case. This gave me great peace of mind because I knew my patient was going to get the right care, at the right time, in the right place.

Dr. Vadasz’s experience with the Internist On-Call and the CCAC has been equally as positive. The Acute Ambulatory Care Unit at Women’s College Hospital has been able to accommodate and treat urgent cases with same day appointments and CCAC assessments are always arranged promptly.

“SCOPE is the way of the future for the practice of medicine: Everyone working together for a common goal, to improve the way we care for our patients”