



HOLY CROSS HEALTH NOW OFFERS A CARDIOMETABOLIC CLINIC FOR YOUR PATIENTS WITH METABOLIC SYNDROME!

If you are pressed for time, the University of Miami at Holy Cross Health Residents and Holy Cross Ancillary Staff can assist you in educating your patients about:

- **BEHAVIOR MODIFICATION**
- **NUTRITION COUNSELING**
- **CUSTOMIZED EXERCISE REGIMENS**
- **WEIGHT LOSS**

Physicians may refer patients to the program through written, verbal and electronic (AllScripts EMR) consent.
(See back page for program criteria)

Our goal is to partner with you to help your patients lose weight gradually, safely and permanently!



A Member of Trinity Health

Your trusted health partner for life

UM-HCH Internal Medicine Faculty and Residency Practice
5601 N. Dixie Highway, Oakland Park | 954-491-2160

**Please call:
954-491-2160
if you have any questions.**

To participate, ask your physician for a written, verbal or electronic referral.

To refer a patient to the Holy Cross Health
Cardiometabolic Clinic, task Jessica Jamenson in
Allscripts and please call 954-491-2180

CARDIOMETABOLIC CLINIC AT HOLY CROSS HEALTH

3 of 5 of the following criteria must be met to qualify for
the Cardiometabolic program:

1. Fasting Blood Sugar	>100 or HbA1C >5.7
2. Blood Pressure	>130/80 (or on medication to treat high blood pressure)
3. Triglycerides	>150
4. HDL (good cholesterol)	HDL <40 (men) <50 (women)
5. Waist circumference	>37 inches (men) >32 inches (women)



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