

# It is important to have a family doctor!

According to the Quebec Federation of General Practitioners, in Quebec, one person out of four does not have a family doctor. General practitioners are rare. Nevertheless, they provide 80 % of primary care to patients in offices.

Your doctor is the person to see in priority for all your health concerns. Walk-in clinics are there for minor emergencies.

## How to find a family doctor

A better knowledge of the resources and solutions available could help you find a family doctor. There are several options:

### 1) Your family

Some physicians, who already have a full practice, accept to take the family members of their patients.

### 2) Telephone directory

Young doctors who are starting their practice do not all have an established clientele. Contact medical clinics found in your telephone directory. Do they take new patients? Can your name be put on a waiting list?

### 3) Network clinics

These clinics offer with and without appointment consultations, 365 days/year, 12 hours on weekdays and eight hours on weekends and legal holidays. These clinics give access to minor emergency services.

In emergency situations, they can perform some medical tests and samples in-house or close by and provide access to medical specialists. One of their roles is to help vulnerable patients find a family doctor.

In case of an emergency, visit the network clinics of the territory

#### Medistat Clinic

4965 Saint-Pierre Street  
Pierrefonds  
514 624-4774

#### Statcare-Stillview Clinic

175 Stillview Avenue  
Suite 104  
Pointe-Claire  
514 694-9282

#### Brunswick Medical Centre

143 Place Frontenac  
Pointe-Claire  
514 426-6677

### 4) Family medicine groups (FMG)

The family medicine group is a grouping of several general practitioners who share premises and services. Patients must be registered with a doctor member of the group.

Ask to be registered with the family medicine group of the territory:

#### Statcare-Stillview Medical Clinic

175 Stillview Avenue, suite 104  
Pointe-Claire  
514 694-9282

### 5) Walk-in medical clinics

Always call before going to these clinics to find out if a doctor can see you. It is better to always go to the same walk-in clinic, since your medical record will be there. After a few consultations, ask the doctor who is seeing you if he or she could become your family doctor.

## Make things easy for the doctor

The doctor's work will be easier and he or she will be able to guide you better if you prepare a summary of your medical history.

- Bring your health insurance card
- Give the doctor some details regarding the diseases affecting you (symptoms, frequency)
- Note the results of your last analyses (blood and urine samples)
- Tell the doctor about your medical progression since your last visit
- Bring a list of all the medications you are taking and prescribed dosages or bring your medications with you

### Are you suffering from one of these diseases?

If you are suffering from diabetes, heart failure, emphysema, hypertension or cancer, please mention it during consultations. Doctors give a particular attention to people aged 70 years old and over or suffering from chronic diseases, because they represent a more vulnerable clientele.