

Welcome to L Mehdi Medical Clinic

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Welcome to My Practice

Welcome to L Mehdi Medical Clinic! I am very pleased to welcome you to my practice and look forward to getting to know you and your family.

I completed medical school at Saba University School of Medicine and my Family Medicine residency at Oakland University William Beaumont in Michigan. I later completed additional board certification in Obesity Medicine.

I provide comprehensive family medicine for patients of all ages, with particular interests in **women's health and palliative care**. My approach is grounded in evidence-based medicine and shared decision-making. Most importantly, I value getting to know my patients and building trusting, long-term relationships. I want you to feel comfortable asking questions and taking an active role in decisions about your health.

Your First Visit

Your first appointment will be a **Meet & Greet**. This is a chance for us to get to know each other, review your medical history, begin your chart and discuss preventative care. It also helps us make sure our practice is a good fit for your healthcare needs. If you have specific concerns requiring more time, we may arrange a separate appointment so we can give them the attention they deserve.

Appointments & Access to Care

Regular clinic hours are **Monday, Tuesday and Thursday, 8:00 AM-2:30 PM**, with After-Hours Clinic every other Wednesday from **5:00-8:00 PM**. Updated and additional hours are available on our website.

Appointments can be booked by phone or online. **Same-day appointments** are available for urgent concerns by calling at **8:00 AM**. Telephone appointments are available for appropriate follow-up, including lab results.

Appointments are generally for one patient at a time. At each visit, we will decide together which concerns are most important to address. If more time is needed, we may arrange a follow-up visit.

Our physician group offers **after-hours care on most evenings and Saturday mornings**. Please check our website for current availability. We encourage you to use our clinic and affiliated After-Hours Clinic rather than outside or virtual walk-in clinics whenever possible. This supports continuity of care. Frequent use of outside walk-in clinics may result in de-rostering.

For medical emergencies, please call **911** or visit your nearest Emergency Department.

Prescriptions

Routine renewals may be requested through your pharmacy. If you take a controlled medication, including **opioids or stimulants**, please book an appointment for renewal. I do not routinely start new opioid or benzodiazepine prescriptions for chronic non-cancer conditions. Existing treatment will be reviewed individually, with discussion of ongoing management and safer alternatives where appropriate.

A Few Important Clinic Policies

Please provide **24 hours' notice** by phone if you need to cancel. Missed appointments without adequate notice are subject to a **\$50 fee**; repeated no-shows may result in discharge from the practice. Some services are not covered by OHIP; current fees are listed on our website.

We are committed to a kind and respectful environment. Abusive, threatening, discriminatory or aggressive behaviour will not be tolerated. For your privacy and safety, please communicate with our team through **official clinic channels only**; medical advice cannot be provided through personal contact methods or social media.

I Look Forward to Meeting You

Thank you for choosing L Mehdi Medical Clinic. Family medicine is at its best when patients and their physician work together over time. I look forward to getting to know you, understanding what matters to you, and supporting your health through all stages of life.

Warmly,

Dr. Laraib Mehdi, MD, CCFP, ABFM, ABOM

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