

- 3 -

Resources

Health



Polio Québec Association

April 2012

Visit our internet site: www.polioquebec.org

Call us: **514-489-1143 / 1-877-765-4672**

Write us : association@polioquebec.org

1. Health Care

1.1 CLSC

Following recent governmental improvements in Quebec, CLSCs have become the main gateway into the health care system for both medical and social services.

Whether you wish to make an application for government assistance regarding home maintenance or home renovations, modify your vehicle, or if you wish to access rehabilitation facilities in Quebec, your local CLSC will direct and refer you to the organizations best suited to meet your needs.

To start, you need to locate the CLSC closest to you. You can find your CLSC by consulting the website www.indexsante.ca/CLSC.

1.2 Family Medicine

Above all, it is important to know that your family doctor is the first medical professional whom you should consult about your health concerns or about any new health problems that you may have been experiencing. If you have had polio and think you may be suffering from post-polio syndrome (PPS), then you have good reason to visit your family doctor. If your doctor is not knowledgeable about PPS, then you may ask to have Polio Quebec send PPS information leaflets concerning the impact of PPS on polio survivors to the doctor's office or clinic. You may also refer the doctor's attention to the Polio Quebec website at: www.polioquebec.org.

1.3 Post-Polio Clinic

If you have noticed that your health is deteriorating and you wish to consult with *post-polio syndrome* specialists then you would want to attend the **Post-Polio Clinic** in Montreal. The Post-Polio Clinic is located in the Montreal Neurological Hospital, 3801 University Street, Montreal, Quebec, H3A 2B4. The Post-Polio Clinic is unique in Canada as this clinic is the only Canadian clinic dedicated to *post-polio syndrome*. You will need a referral from your family doctor or general practitioner to obtain an appointment with the specialists at the clinic. The clinic can be reached at 514-398-8911.

In Quebec there is financial assistance for certain travel and lodging expenses which are reimbursable from the government for people attending the clinic from outside the Montreal region. Be sure to consult your CLSC regarding financial assistance.

1.4 Help with Mobility

The Association of Orthotists and Prosthetists in Quebec (AOPQ) encourages you to locate the professionals recognized by the association by consulting their webpage. Simply enter a name, first name, city, address or a business in their online form at: www.aopq.ca/public.php?idCms=158 .

Contact l'AOPQ at:

Tel. : 514 396.9303 Toll free: 1 888 323.8834
info@aopq.ca

2. Mobile Dental Care

2.1. SOS Dentists (Montreal, Laval, South Shore)

Since 1994, the mobile unit of SOS Dentists has been performing a variety of dental procedures directly in the patient's home. The service is available to people who are confined to their home and cannot get about easily. The SOS dental care professionals perform general dental treatments and preventative care in a mobile setting.

For further information:

Tel. (514) 721-6006

e-mail: info@carrefourdentaire.com

2.2. University Dental Clinics

University dental schools operate a number of clinics open to the public for dental health care services at reduced costs compared to private practices or clinics. Students, under the supervision of university professors or private care dentists, provide the dental care.

There are no emergency care services at these university clinics and there is a limited selection of procedures that can be performed. Also, be aware that most of these clinics are only accessible during the school year beginning in September and ending in April or May.

In most cases, there is a form to be completed. The form can be obtained at the clinic, by telephoning the clinic, or filling out the form online.

University clinics that might interest you:

Clinique dentaire de l'Université de Montréal

Tel. : 514 343-6750

www.medent.umontreal.ca tab: « Clinique dentaire »

Clinique dentaire de l'Université Laval

www.fmd.ulaval.ca tab « Cliniques pour la

population »

Clinique des étudiants au 1er cycle :

Tel. : 418 656-5840

Clinique des étudiants aux cycles supérieurs :

Tel. : 418 656-5537

McGill University Dental Clinic (Montreal General Hospital -- MUHC 1650 Cedar Room A3.101)

Tel. : 514 934-8042

www.mcgill.ca/dentistry/clinic/mccall

Medication

Now, pharmacies can provide a comprehensive list of drugs that have been prescribed for you.

This list has been becoming increasingly important to your doctor. The pharmacies also offer doctors access to your online file and permit doctors to order your medication directly to the pharmacies through their websites.

2.3. College Dental Clinics

Several colleges operate dental clinics open to the public, however they are only open during the school year. If you would like to use one of these clinics, then it is important for you to ask the specific clinics about available services; ask about any costs to you; and inquire about the clinic hours before you make an appointment. These clinics operate in an educational environment so take this into account when considering the length of time you may be spending in the dental chair.

It is interesting to note that these clinics are spread out at various locations around Quebec.

Québec : Cégep François-Xavier-Garneau

Tel. : 418 687-5853

<http://cliniques-ecoles.cegep-fxg.qc.ca/>

Montréal : Cégep Maisonneuve

Tel. : 514 787-1702

<http://www.cmaisonneuve.qc.ca/communaute/soins-dentaires>

Montréal (Ouest) : Cégep John Abbott

Tél: 514.457.5010

<http://www.johnabbott.qc.ca/departments/dental-hygiene-program/dental-hygiene-clinic>

Outaouais : Cégep de l'Outaouais

Tel : 819-770-4012 ext: 2298.

www.cegepoutaouais.qc.ca/index.php/services-lbrg-au-public/clinique-dhygiene-dentaire

Montérégie : Cégep St-Hyacinthe

Tel : 450 778-2117

www.cegepsth.qc.ca/services-la-population/clinique-dhygiene-dentaire

Montérégie : Cégep Édouard-Montpetit

Tel . : 450 679-2631, ext 2523 or 2524.

***Denture Clinic :**

Tel. : 450 679-2631, ext: 2511

www.college-em.qc.ca/campus-de-longueuil/services-a-la-communaute/cliniques

Mauricie : Cégep de Trois-Rivières

Tel. : 819-378-9839 or 819-376-1721 ext: 2070.

www.cegeptr.qc.ca/service-a-la-population/la-clinique-dhygiene-dentaire/a-propos-de-la-clinique

Saguenay Lac-St-Jean : Cégep de Chicoutimi

Tel. : **(418) 549-9520**

www.cchic.ca/?6484525E-A611-4782-91BF-204B53CBFD0C

3. Vision Care

3.1. University Clinics

McGill University Health Centre (MUHC)
Royal Victoria Hospital, 687 Pine ave., Montréal
Room E4.68
Tel. : 514-843-1613

Université de Montréal
Tel. : (514) 343-6082
Web: www.opto.umontreal.ca/clinique

3.2. College Clinics

Montréal : Cégep Édouard Montpetit
Tel. : 450 679-2631, ext: 2561
www.college-em.qc.ca/campus-de-longueuil/services-a-la-communaute/cliniques/clinique-de-lunetterie

Québec : Cégep François-Xavier-Garneau
Tel. : 418 688-8310, ext: 2831
<http://cliniques-ecoles.cegep-fxg.qc.ca/> then click on the tab: Lunetterie.