

Welcome to the Adult CF Clinic

The Adult Cystic Fibrosis Clinic is in 3V1 (yellow section) at McMaster University Medical Centre. The clinic will be moving to 3Z in 2012.

Your appointments



Please come to the clinic 30 to 45 minutes before your scheduled appointment and check in at the desk.

Arrive early to have time for Spirometry before your appointment. Your spirometry appointment will take 15 to 30 minutes.

- Appointments are on Wednesday afternoons from 1 to 4 p.m. If you have MRSA or cepacia, you will be given one of the last appointments of the day.
- Regular appointments, about every 3 months, are an important part your CF care. You are welcome to bring someone with you to your appointments. If you need to cancel or change an appointment, call 905-521-5051.

At the Adult CF Clinic, you are in charge of your health

You are responsible for:

- ✓ sharing information about your health
- ✓ taking part in planning your care
- ✓ asking questions and expressing concerns
- ✓ booking and keeping your appointments
- ✓ calling the clinic to cancel or change an appointment

We will keep your personal information private and confidential.

Without your permission, we will not discuss your health with anyone else, including your parents.

Your medications

To reorder medications, please call 905-521-2100, ext. 75019 at least 1 week before your clinic visit. This gives the pharmacy time to prepare the medications and have them ready for you at your clinic visit.

Your health care team

At your first appointment, you will meet each member of the team.

At follow-up visits you will see the clinic doctor and nurse. Please ask if you would like to speak with other team members.

Dr. Andreas Freitag Clinic Director	<ul style="list-style-type: none">• Dr. Freitag is responsible for your medical care. You will see him at every appointment.
Kelly Campbell Registered Nurse	<ul style="list-style-type: none">• Kelly is the clinic nurse. You will see her at every appointment.• To reach Kelly, call 905-521-2100, ext 75711.
Suzanne Hansen Registered Dietitian	<ul style="list-style-type: none">• Suzanne is available when you need information or help with your diet, enzymes and supplements.• To reach Suzanne, call 905-521-2100, ext 75476.
Barb Pollock Physiotherapist	<ul style="list-style-type: none">• Barb is available if you have questions or concerns about chest physio or your equipment. To reach Barb, call 905-521-2100, ext. 76549.
Social Worker	<ul style="list-style-type: none">• A social worker can help you cope with managing CF, and connect you with community resources or financial help.• The clinic does not have a social worker, but we can arrange an appointment for you.

Managing your CF health needs

To help you manage your CF health needs, you will have regular visits with the CF health care team. You will also need tests each year such as:

- blood tests
- chest x-ray
- exercise test
- bone density test
- oral glucose tolerance test
- other tests as needed