

# MONTREAL CHRONIC DISEASE PROGRAMS

Across Montréal, interdisciplinary teams of professionals support and coach users living with chronic diseases, such as diabetes, hypertension and COPD, as they acquire and consolidate self-management skills. As a result, these individuals are able to better manage their symptoms, risk factors, medications, and activities of daily living.

## Benefits for your patients/clients:

Promotes self-management by giving those living with chronic diseases the right tools

Encourages healthy lifestyle habits

Prevents long-term complications

## Strengths of the Montréal Chronic Disease Programs:

The duration of the users' participation can be tailored to meet their needs.

Group and one-on-one sessions with healthcare professionals who have acquired expertise in chronic disease prevention and management.

NURSE  
CLINICIAN  
NUTRITIONIST  
KINESIOLOGIST

RESPIRATORY  
THERAPIST  
PSYCHOSOCIAL  
WORKER  
PHARMACIST

For anyone aged 18 years and older living with one or several of the following health conditions:

Cardiometabolic risk – prediabetes, diabetes and hypertension

Atherosclerotic cardiovascular disease (ASCVD)

Chronic obstructive pulmonary disease (COPD)

Chronic pain – low back pain

Bone health

**Don't hesitate to talk to your patients or clients about it.**

Please note that patients may self-refer to these programs.

For more on the Montréal Chronic Disease Programs and where they are available:

[SANTEMONTREAL.QC.CA/LIVEWELL](https://santemontreal.qc.ca/livewell)

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