

Clinic coming to Stoney Creek

Stoney Creek News | Apr 24, 2013

By Laura Lennie, News Staff

A new medical centre offering an integrated healthcare approach is opening its doors in August by the corner of Upper Centennial Parkway and Rymal Road East.

Southmount Health Care Centre has brought together an extensive list of medical practitioners to meet an array of medical needs and services in one location.

The \$35-million centre will be home to family doctors, a dentist, dermatologist, optometrist, naturopathic doctors and other specialists. It also will have a pharmacy, blood lab, X-ray/ultrasound, cardiac diagnostics and nuclear imaging, hearing lab, pain clinic, anti-aging clinic, laser eye clinic, wellness centre, community room/education centre and café.

“We want to serve the community as a whole and that is why our approach is to bring all of these services into one location,” Southmount Health Care Centre spokesperson Michelle Kline said. “Every single patient that walks through the door has their own individual medical needs and their own unique way in which they would like them approached. Southmount is able to meet those needs with the team that we have established in our facility.”

Kline said the centre is being built in Stoney Creek because it is one of Ontario’s fastest growing communities.

“Stoney Creek is an up and coming community that is rapidly growing and expanding its population,” she said. “People are moving from all over Ontario and beyond into the area and will require routine and emergency medical attention of all aspects. With that growth, there is a need for new family doctors in the area, as well as specialists and all other medical professionals.”

Southmount Health Care Centre’s extensive list of tenants also includes the Wharton Medical Clinic. The first and only OHIP-funded weight and diabetes management clinic will be operating a second Hamilton clinic in the centre.

In addition, Southmount Health Care Centre will house an all-encompassing wellness centre featuring naturopathic medicine. The wellness centre also will include a BodiWerkz studio – a membership-based fitness facility that will offer classes for every age, shape and size, including Pilates, yoga, Zumba, cardio-fit and aqua-fit. The centre will feature Hamilton’s first salt cave, as well.

“Salt rooms have been used in Europe for centuries and are now finally here and recognized by clinical research studies in treating asthma, seasonal allergies, sinus congestion, COPD, emphysema, cystic fibrosis and more. Salt room benefits are vast, 100 per cent safe and natural,” Kline said. “In addition to respiratory illness, salt therapy can aid with skin diseases, such as psoriasis, eczema and acne. We couldn’t be more thrilled to be the first to be able to offer this to our patients at Southmount.”

Southmount Health Care Centre’s community room/education centre gives patients a chance to take part in free, weekly education on different topics, including cholesterol management and diet, diabetes, hypertension, stress management and more.

Kline said the centre focuses on health promotion.

“Our team’s cohesive goal is educating patients about the importance of taking charge of their health and the health of their families,” she said. “We know that with education comes empowerment, therefore reducing the chance of illness or in instances, reducing the impact of their illness and improving the quality of life lived.”

Kline said Southmount Health Care Centre is the first all-in-one integrated state-of-the-art medical building of its kind.

“Imagine seeing your family doctor over back pain and being able to go down the hall with your referral in hand and see a physio specialist or a more serious situation that requires the care of a cardiologist and having one that you can see the same day at the request of the physician,” she said. “Our approach is to have our patients’ time optimized and wait times significantly minimized.”



Southmount Health Care Centre is opening its doors in August by the corner of Upper Centennial Parkway and Rymal Road East. The \$35-million centre will offer an extensive list of tenants that will meet all patient needs in one location.

Hamilton Physicians recruitment specialist Jane Walker said Southmount Health Care Centre is a welcome addition to upper Stoney Creek.

“I think it’s very positive,” she said. “I think it’s really going to be an advantage and a benefit to the people who live in the area and quite the far surrounding area as well because there has been just so much development out there.”

Walker said the upper Stoney Creek area has “certainly been” underserved.

The entire area of Hamilton is short on doctors, she added.

“It’s (upper Stoney Creek) is similar to other areas of the city that have experienced trouble in obtaining health care services for their constituents,” said Walker, adding Hamilton needs another 17 doctors on top of the 360 it presently has, based on the current population.

“For the most part, people will drive to wherever it is that they can get a physician, but having said that, with having a new medical facility right on their doorsteps and one that’s going to be able to provide them with a number of different services, then it’s really going to help in terms of being convenient for the patients in being able to provide them with one stop.”

For more information on the Southmount Health Care Centre, including how to register for a new family doctor at the facility, call 905-387-0005 or visit www.southmounthealth.com.