



MANAGEMENT OF TYPE 2 DIABETES

This program aims to improve blood glucose control, maximize physical function and increase confidence in exercise for individuals managing pre-diabetes or diagnosed with type 2 diabetes.

The program runs over an 8-12 week period and includes:

- Individualised assessment and exercise programming
- Supervised exercise in a small group setting, two to three days per week
- Participant diary to monitor goals, outcomes and promote behaviour change

Medicare,
DVA and
private health rebates
available
for eligible
patients

GETTING STARTED

The program will run throughout 2009.

Before commencing supervised exercise each patient is individually assessed by an Exercise Physiologist. Participants are then integrated into group-based exercise sessions.

TIMES

Supervised exercise sessions are conducted on Monday –Friday from 7am-6pm.

Patient Story

Paul was referred by his cardiologist and has been taking part in our Diabetes Exercise Program, 3 days per week, for the past 6 months. He has made significant improvements in all of his health measures including his blood sugar control and insulin sensitivity resulting in a reduction in his diabetic medication levels.

	Pre-exercise (8/08)	Post-6 months exercise (2/09)
Weight	65.5 Kg	61.25 Kg
Waist	98 cm	91 cm
Resting blood pressure	130/75	122/70
Aerobic capacity	4.6 METs (Chest symptoms experienced)	8.3 METs (Leg fatigue only)
Hb A1c	7.3%	6.4%
Diabetic medications	Amaryl (2 mg) Diabex (1000 mg)	Ceased Amaryl on exercise days Diabex (1000 mg)

(1 MET= 3.5 ml.kg.min-1)



Paul reports : “Going to a gym was never part of my life. So I’m pleasantly surprised that going to the Clinic several times a week has now become a welcomed routine.

The program devised for me is structured and monitored. Parameters are set following initial assessment, evaluation and review, so that one does not over extend oneself.

On joining the program I was happy just to do the exercises, not expecting any specific benefits. The exercises are challenging as the helpful staff raise the bar once you have mastered the target levels! To my surprise, I have lost weight and also my waist circumference has shrunk”

REFERRAL

A medical referral outlining your medical history and current medications is required.

To access a Medicare rebate the following items need to be completed by your GP:

- GP Management Plan with Team Care Arrangements (Item 721 and 723)
- Referral form for Allied Health Services under Medicare
- Referral form for Allied Health Group Services under Medicare for type 2 diabetes

Copies can be obtained at www.health.gov.au/epc or by contacting your local general practice network (Northern Sydney – Eloise 9411 3533)





The Exercise Clinic

Exercise Therapy & Rehabilitation Services

Lifestyle Modification Program

DIABETES



PREVENTION OF TYPE 2 DIABETES

The Lifestyle Modification Program is an accredited and government subsidised program to prevent the onset of type 2 diabetes in those individuals with identified risk factors.

This program is being run by The Exercise Clinic (Exercise Physiologists) in collaboration with Pascale Bridge (Dietitian), NutriFIZZ. The program focuses on addressing lifestyle risk factors and providing participants with the knowledge and skills to achieve sustained changes in lifestyle habits.

The program runs over 6 month period and includes:

- 8 hours of group-based education focused on nutrition, physical activity and weight management (6 program attendances).
- Participant diary to monitor goals, outcomes and promote behaviour change
- Final report to GP

LOCATION

*The Exercise Clinic
Level 2, 511 Pacific Highway, Crows Nest

*Harbord Diggers Club
Evans Road, Freshwater

START DATE

Programs will run on evening weeknights throughout 2009. Participants will be informed of the next program dates on referral.

COST

Total cost to participants is \$50. The program cost is subsidised by the government.

ELIGIBILITY AND REFERRAL

Patients aged 40-49 years and at high risk of diabetes must be referred by their GP to attend the program.

GP's are required to complete a Lifestyle Modification Program GP Referral Form. This can be obtained at www.health.gov.au/epc

or

by contacting your local general practice network (Northern Sydney – Eloise 9411 3533)



www.theexerciseclinic.com.au



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