



# Lifestyle Modification Program

## *Latest News* - Number 4

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### About this Newsletter

I try and keep it brief, to the point and no more than a page so you can read it easily. FYI we are well on target in getting sufficient 40-49 referrals, so well done!! Remember that you can also refer to Kim and Nillumbik for the Life program on the one referral form. LMPs can mix and match the 2 programs.

### New eligibility criteria for Life!

Patients over 18 years old having a pre & existing condition specifically, Gestational Diabetes Mellitus (GDM) or Ischemic Heart Disease (IHD) can now be referred to the Life program without having to do the AUSDRISK test.

The definition of pre & existing IHD suitable for entry into the Life program will be any person with a self reported history of the following heart conditions:

- Myocardial infarction or heart attack
- Angina
- Angioplasty

The initial experience and diagnosis of one of these heart conditions should not occur within 3 months of commencing the program.

Eligibility for the over 50 year olds is determined by a score of 12 or more Australian Type 2 Diabetes Risk Assessment Tool (AUSDRISK).

### Commonwealth Program for referral to LMP

There has been no change to the Commonwealth program apart from lowering the risk score to 12 and above which occurred In July 2010.

The combined referral forms for either Life or the Commonwealth Program (40-49 year olds) have been modified to reflect the changes with tick boxes for GDM and IHD. You may wish to delete old referrals and download the new one from: <http://www.nevdgp.org.au/?content=27#LMP> (dated August 3, 2010).

### Life Case finding and referral

\$560 worth of funding is available from Diabetes Australia – Vic (DA–Vic) to support practices to identify and refer eligible patients aged 50 and above (and 18+ with GDM and IHD) at high risk of type 2 diabetes to a Life! course. Terms of this funding agreement are set out here:

<http://www.diabeteslife.org.au/GPHealthProfessionals/Helpingyourpatientspreventtype2diabetes/tabid/90/Default.aspx>

<http://www.diabeteslife.org.au/Portals/0/Life-case-funding.pdf>