

More bulkbilled visits for Type 2 diabetics

IN ADDITION to the five EPC visits available to patients with a relevant GPMP, a further individual session and eight group Exercise Physiology sessions are available under Medicare for patients that suffer Type 2 Diabetes.

AEP run this program from each clinic location, with new classes starting every 3-4 weeks.

In addition to the physical activity component of the program, a major emphasis is education that promotes lifestyle change through exercise and physical activity. This successful eight-week program that is achieving fantastic results is also bulk-billed



(if appropriate referral has been received).

For more information or a referral template for your clinic software, please phone AEP Central Reception on (08) 8244 0450.

AEP home visits

AEP NOW PROVIDE in-home services for local patients unable to attend an AEP clinic.

Patients referred by their GPs via an EPC/GPMP or through Department of Veterans Affairs (DVA) can gain access to this service.

Nursing home visits can also be organized for (DVA) Gold card holders and services are bulk-billed through DVA. Patients referred via an EPC/GPMP will incur a gap payment of \$20.

Please indicate *home-visit* on the referral cover letter if this service is preferred.



AEP's third gym opens in the north-eastern suburbs

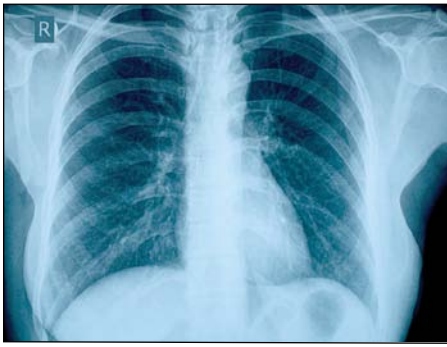
ADELAIDE EXERCISE PHYSIOLOGY has now opened a third exercise clinic in the north-eastern suburbs of Adelaide.

AEP North East, at 1017 North East Road, Ridgehaven, is fully equipped with the latest gym and exercise testing equipment for your patients to access.

IN THEIR OWN WORDS

"I have been associated with Adelaide Exercise Physiology for over twelve months. I have been impressed with their quality of care and their devotion to patients' individual needs hence, benefitting my patients' health that regular exercise only can offer."

Dr Eugene Nathaniel
FAMILY MEDICAL PRACTISE, PARA VISTA



COPD and physical activity

COPD causes increased symptoms of dyspnea, reduced activity levels, and poor quality of life for patients suffering from the irreversible disease.

Exercise is recommended as a compulsory component of COPD management. AEP provides exercise and physical activity prescription, education and advice for patients with COPD through EPC/GPMP, DVA or private referrals.

AEP aims to provide patients with a better QoL through improved exercise tolerance, reduced dyspnea and improved self management.

Reference: Reis, A.L., Bauldoff, G.S., Casaburi, R., Mahler, D.A., Rochester, C.L. & Herrerias, C. (2007). Pulmonary Rehabilitation Executive Summary: Joint American College of Chest Physicians/American Assoc. of Cardiovascular and Pulmonary Rehabilitation Evidence Based Clinical Guidelines. *Chest* 131:1S-3S.

Never too late to start

AEP PROVIDE special services and classes for geriatric DVA veterans and war widows.

The exercise classes aim to improve patients' balance, strength and general fitness through supervised group exercise programs.

The classes provide a safe and comfortable exercise environment and also aim to promote social interaction. All DVA services are bulk-billed.

Resistance training for diabetes management

RESISTANCE EXERCISE improves insulin sensitivity to approximately the same extent as aerobic exercise. It increases muscle mass to improve body composition and is suited as an alternative for patients with long term complications including arthritis, advanced peripheral neuropathy and morbid obesity. The American College of Sports Medicine recommends resistance training to be included in fitness programs for adults with T2D to increase functional capacity, improve insulin sensitivity and manage weight.

AEP can prescribe a home or gym resistance-based exercise program tailored to a patients physical restrictions, contraindications,



current exercise capacity and equipment provisions.

Reference: Sigal, R.J., Wasserman, D.H., Kenny, G.P. & Castaneda, C. (2004). Physical Activity/Exercise and Type 2 Diabetes. *Diabetes Care*, 27, 10, 2518-2539.

Cancer and exercise at AEP Moving towards survivorship

AEP IS PLEASED to announce an exercise program specially targeted towards patients with cancer. The program focuses on improving the various treatment related side effects associated with cancer and its treatment.

The potential health benefits of exercise are especially pertinent for cancer patients, for whom cancer and its associated treatments can bring about various physical and psychosocial side effects that can not only impact on physical function but influence emotional, social, financial and psychological wellbeing of the person and family.

Structured exercise programs for cancer patients have been proven to enhance

- Muscular strength and endurance
- Quality of Life
- Maintain/achieve a healthy body weight
- Joint range of motion

Exercise can also reduce

- cancer-related fatigue
 - nausea and improve appetite
 - duration of hospitalisation
 - feelings of anxiety and depression
- All of these outcomes provide significant benefits for cancer patients in terms of their ability to integrate back into daily life and peer groups both whilst undergoing and at the completion of cancer treatment.

The Cancer and Exercise Program is currently held at AEP St Marys with future programs to begin at all clinics (depending on demand). Participants in the exercise program will be required to participate in two gym-based exercise sessions per week for ten weeks, with each session closely monitored by an Exercise Physiologist experienced in cancer and exercise management.

Patients can be referred privately through their GP or via a Enhanced Primary Care Plan (EPC). Pre-program assessments are \$75 and each exercise session is \$12. EPC referred patients are charged only a gap payment of \$25 for pre-program assessment.

Please forward referrals to AEP on fax 8244 0451 and highlight *Cancer Clinic* at the top of the referral form.



All Medicare services are bulk-billed. Exercise classes from \$8.50 • Eight week group diabetes program • DVA exercise classes • Casual gym memberships

CURRENT CLINIC LOCATIONS

699 Port Road, Woodville Park

T 8244 0450 E info@aep.net.au W www.aep.net.au

1187 South Road, St Marys

1017 North East Road, Ridgehaven