

# Your Weekly Medical Advice

by Dr Red Akram

"Committed to the care of our patients and community"

  
euroa medical

## Clinic Hours

Monday – Friday 8am-6pm  
Saturday 9am – 5pm  
Phone (ALL HOURS) 5795 2011

## Emergency clinic

Sundays and public holidays 9am – 11am  
(in our rooms @ Euroa Health)  
Phone 5795 0200



# The Life! Program

Diabetes is often called the 'silent killer' as many people do not have any symptoms until it is too late. As diabetes progresses, patients may develop complications which include heart attack, stroke, kidney failure, nerve damage and even blindness. As the old saying goes, prevention is always better than cure.

Euroa Medical is pleased to announce that the Life! program is coming to town. This program aims to identify individuals at risk of developing type 2 diabetes and assist them to live a healthier life, thereby delaying or preventing the onset of diabetes. This program will be available free of charge to anyone without diabetes but is at high risk of developing diabetes based on the screening tool below.

Risk factors include age, male gender, ethnicity, family history, and weight and waist circumference. You may calculate your risk score by filling out a simple questionnaire at <http://www.lifeprogram.org.au/images/AUSDRISK.pdf>. A score greater than 12 indicates a high risk of developing diabetes and will qualify you for free participation in the Life! program.

The Life! program will run in the evenings and consists of group sessions where your trainers will discuss the principles of healthy eating and exercise. Exact dates and timings will be determined by consensus of participants in the group.

For more information, visit <http://www.lifeprogram.org.au> or speak to one of your friendly GPs at Euroa Medical today.

We would appreciate your feedback or topics you would like to hear about at [business.manager@emfp.com.au](mailto:business.manager@emfp.com.au)