

Program structure

- **General Practitioner**
 - Provides referral to see Dr Mark Jones if they feel your health presentation is quite complex or if you feel that you would prefer to start with Dr Jones initially.
 - Provide baseline health testing to enable comparison in future eg blood lipids
- **Initial & subsequent consultations**
 - **Dr Mark Jones (Sport / Exercise Physician)**
 - Initial consultation in complex presentations
 - Refers for further investigations & provide advice
 - **Shannon Rylands (Naturopath)**
 - Provide education on healthy eating and lifestyle changes
 - Suggest further investigations that may be required for baseline measurement and for re-assessment.
- **Referral to other practitioners if required, such as:**
 - **Osteopaths** - Advice with musculoskeletal injuries
 - **Lauren Carberry (Exercise Physiologist)** - Provide exercise advice
 - **Julijana Stanojevic (Psychologist)** - Treatment of related mental health issues

Who is involved?

General Practitioner – refers individual

Dr Mark Jones (Sport / Exercise Physician) – provide specialist advice & further investigations in complex cases

Shannon Rylands (Naturopath) – provide education in healthy eating patterns

Clinic Osteopaths – advice on physical activity choices in cases where injury is present

Lauren Carberry (Exercise Physiologist) – exercise prescription

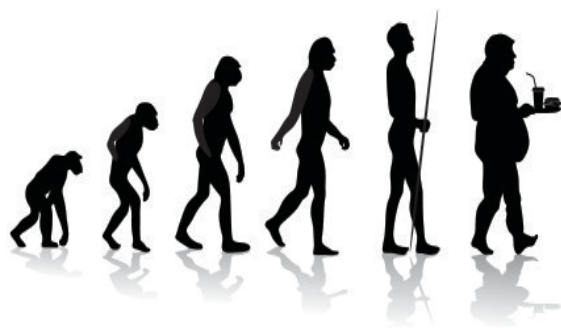
Julijana Stanojevic (Psychologist) – when mental health issues are present



The Western Disease Health Education Program

osteopathic &
healthcare clinic

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What is The Western Disease Health Education Program?

The Western Disease Health Education Program (WDHEP) is a program we have introduced to help people experiencing health related problems associated with western diseases.

“Western diseases” is a broad term that includes health related problems that are strongly associated with the lifestyle the western world live, in particular the “food” we consume.

Research shows that up to **80% of western diseases can be prevented, improved or reversed** by leading a healthier lifestyle.

The aim of the program is to **educate clients** in a simple format, on what it actually means to eat well (ie real food) and how to choose appropriate physical activity.

Who will benefit from the program?

Do you have:

- high blood pressure
- cardiovascular / heart disease
- diabetes / pre-diabetes or a strong family history
- non-alcoholic fatty liver
- poor blood test results (eg blood lipids, blood sugar)
- obesity
- Irritable bowel syndrome
- osteoarthritis and need to lose weight to help manage symptoms
- a poor understanding of how to read food labels, of what eating real food is or a want to improve your nutrition and health

If you answered yes to any of these, then this program may be able to help educate you to improve your health.



“introducing an evidence based multi-disciplinary health education program targeting preventable western diseases”

How can I become involved in the program?

If you have significant health problems, are under the care of medical specialists, or taking multiple medications, it is best to get clearance from your GP.

We do advise getting a referral from your GP to see Dr Mark Jones for an initial consultation, if you have serious health concerns or are on multiple medications. This will ensure you are offered the best medical advice and are in safe hands at all times.

If your health profile does not fall into the above description, then make an appointment with Shannon Rylands, naturopath, to discuss the program more in depth to ensure it is suitable for your needs. Shannon will guide your education on how to live a healthier lifestyle.