

WOMEN MD LIFESTYLE MEDICINE -ELIGIBILITY CRITERIA

Inclusion Criteria

Both the following inclusion criteria must be met for patient to be placed on the CHANGE Program:

1.	≥ 18 yrs old and
2.	<p>Meets 3 out of the 5 criteria for metabolic syndrome i.e.</p> <ul style="list-style-type: none"> a. Blood Pressure of > 130/85 mm Hg or receiving pharmacotherapy b. Fasting Blood Glucose > 5.6 mmol/L or receiving pharmacotherapy c. Triglyceride of > 1.7 mmol/L or receiving pharmacotherapy d. HDL-C < 1.0 mmol/L males and <1.3 mmol/L females e. Abdominal circumference as determined by a pre-specified technique: <ul style="list-style-type: none"> • Canadian and US Whites, Europids, Whites, sub-Saharan Africans, Mediterranean, middle east (Arab) Or ethnicity unknown > 94 cm Males, 80 cm Female • Asian and South Central Americans > 90 cm males and 80 cm females

Exclusion Criteria

The determination of exclusion criteria is to be made by the Family Physician at the baseline visit, hence flexibility is allowed. **Generally**, if any one of the criteria below are met, then the patient is considered to be **not** a good candidate for the CHANGE Program but **they can be enrolled** with the considerations and caution explained below.

1.	Diagnosis of Type 1 diabetes mellitus
2.	<p>Advanced stage of type 2 diabetes mellitus, for example if any one of the following are present</p> <ul style="list-style-type: none"> • Proliferative diabetic retinopathy • Nephropathy (serum creatinine > 160 µmol/L) • Clinically manifest neuropathy defined as absent ankle jerks • Severe hyperglycemia (FBS > 11 mmol/L) - <i>The beneficial effect of diet-exercise is to prevent the progression to clinical diabetes caused by pancreatic failure. CHANGE will have less benefits once the insulin production by the pancreas is limited, as is the case when FBS are at this level.</i> - <i>Can enroll patient as long as FBS are stabilized with medication prior to start</i> • Peripheral vascular disease <p><i>If the patient has type 2 diabetes but does not have any of the listed manifestations, the patient is eligible</i></p>

3.	<p>Myocardial infarction or Angina</p> <ul style="list-style-type: none"> • <i>history of myocardial infarction precludes assessment of future risk of myocardial infarction</i> • <i>can be enrolled but need to record secondary events related to this in program evaluation tool/form</i> • <i>If enrolled, will be excluded from PROCAM risk score evaluation</i>
4.	<p>Significant medical co-morbidities, including uncontrolled metabolic disorders (e.g., thyroid, renal, liver), stroke, and ongoing substance abuse</p>
5.	<p>Clinically significant renal failure, as per MDs discretion</p> <p><i>This should be based on a global assessment by the physician versus based on a single parameter. For example patients aged 70-80 years often have reduced function as a part of aging but do not have significant proteinuria/renal insufficiency.</i></p>
6.	<p>Diagnosis of psychiatric disorders (cognitive impairment) that would limit ability to comply with the program</p>
7.	<p>Diagnosis of cancer (other than non-melanoma skin cancer) that was active or treated with radiation or chemotherapy within the past 2 years or a terminal illness and/or in hospice care</p>
8.	<p>Pregnant, lactating or planning to become pregnant during the program</p>
9.	<p>Chronic inflammatory diseases</p> <p><i>This includes clinically active inflammatory disease such as clinically active ulcerative colitis, Crohn's disease or collagen vascular disease e.g. rheumatoid arthritis preventing eating diets or exercising.</i></p>
10.	<p>Body Mass Index > 35</p> <p><i>BMI = weight in kg divided by (height in metres)²</i></p> <ul style="list-style-type: none"> • <i>BMI >35 are unlikely to respond to diet and exercise changes in long term</i> • <i>Can be relaxed to exclude patients BMI > 40</i> • <i>Patients with BMI up to 40 can be enrolled but there must be acceptance that the</i> <p><i>CHANGE Program may not improve outcomes in patients with BMI 35-40. Failure in these patients must not be interpreted as a failure of the program</i></p>