

# Outpatient Nutrition Counseling/ Medical Nutrition Therapy

Sentara Healthcare is pleased to announce outpatient Medical Nutrition Therapy services provided by Registered Dietitians at several Sentara facilities.

A Registered Dietitian (RD)\* is a food and nutrition expert who provides a nutrition assessment and works with individuals to create a personalized nutrition plan to optimize health.



## Education and Services Provided:

- Hyperlipidemia (High Cholesterol and Triglycerides)
- Diabetes Diet Education
- Hypertension (High Blood Pressure)
- Malnutrition
- Gastrointestinal Conditions, such as Irritable Bowel Syndrome, Celiac Disease, Gastroparesis
- Weight Management
- Enteral Nutrition Support (Tube Feedings)
- Pre-pregnancy Nutrition
- Vegetarianism
- Wellness
- Kidney Disease
- Oncology (Cancer)

## What to expect:

You may call, or your physician's office can make your appointment with the dietitian. A referral from your physician is required for services.

To assist in determining your needs, keeping a journal of daily food and beverage intake for one week prior to your appointment will aid in the dietitian's review of your current status.

Following an initial session for history, typical daily intakes and treatment recommendations, patients are scheduled for periodic follow-up visits to monitor dietary and behavioral changes.

Please call the number listed on your insurance card to determine your individual benefits prior to your visit.

## The Benefits of Outpatient Medical Nutrition Therapy:

- ✓ Assistance in reaching your health goals
- ✓ Communication between your physician and a dietitian regarding your health needs
- ✓ Short- or long-term commitment depending on treatment issues
- ✓ Family members may be invited to attend dietary sessions with the patient

## Hospital Locations for Medical Nutrition Therapy:

**Sentara Obici Hospital • 757-934-4559**

**Sentara Princess Anne Hospital • 757-507-1385**  
*(supporting all Southside Hospitals)*

**Sentara CarePlex Hospital • 757-827-2102**

**Sentara Williamsburg Regional Medical Center • 757-984-7106**

**Sentara Martha Jefferson Hospital • 434-654-4400**

**Sentara RMH Medical Center • 540-689-6339**

**Sentara Northern Virginia Medical Center • 703-523-1539**

*\*Registered Dietitians have a degree from an accredited university, have completed an accredited practice or graduate studies program, have passed a national examination administered by the Commission on Dietetic Registration, and have ongoing professional education to maintain registration.*

