

Consultation fees:

Initial 1hour \$110

Follow up 30-45 min \$65

Medicare Rebates?

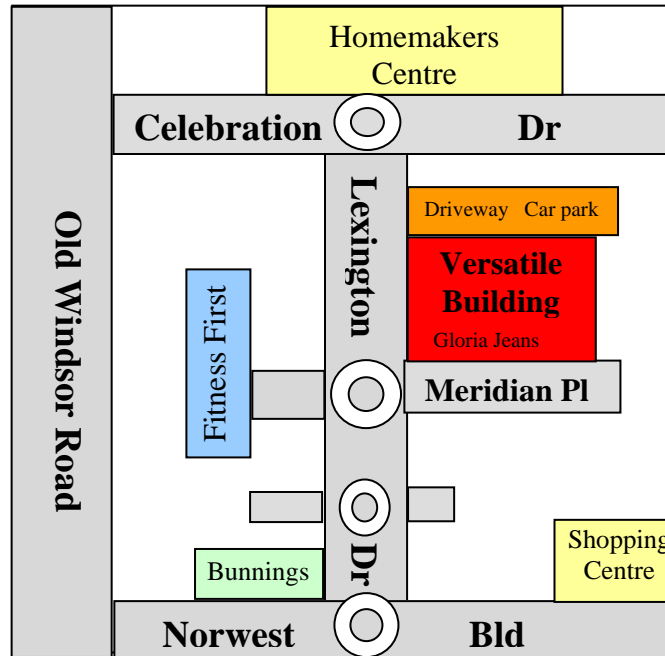
EPC Medicare referrals can be given to eligible patients from your GP for the management of chronic health conditions such as obesity and diabetes. This allows subsidised dietetic services for up to 5 individual visits in a calendar year well as up to 8 group sessions per calendar year for persons with type 2 diabetics. On the spot Medicare rebates (\$50.05) are available but the **gap** (\$59.05 for initial and \$14.95 for follow up consultations) is payable at the time of consultation. Your doctor must first make an assessment that you need the services of a dietitian and they must write a referral to the dietitian. The dietitian must be registered and have a Medicare Provider Number. DVA consultations are also available.

Health Fund Rebates?

Rebates are available from most private health funds. HICAPS and EFTPOS facilities are available for your convenience.

GP's can also request online downloads of patient reports from the secure GP's only webpage

Sarah Davis
Accredited Practising Dietitian
BSc (Hons), MNutrDiet, MDAA



Norwest Business Park

Versatile Building

Level 1, Suite 1.02

29-31 Lexington Drive

Bella Vista NSW 2153

Appointments Ph: 02 8883 2040

or 0438431981 (outside hours)

Hours: Tuesdays 9 am-5 pm

Thursdays 1 pm -7 pm

Saturdays 9-12 pm

For further information visit the website

www.daviddietetics.com



Why see a Dietitian?

What Do They Do?

How Can They Help?



Sarah Davis
(Accredited Practising Dietitian)



What is the Difference between a Dietitian and a Nutritionist?



Accredited Practising Dietitian's (APD's) are university qualified practitioners who are accredited by the Dietitians Association of Australia (DAA) as well undertake ongoing training and education.

In contrast, a 'Nutritionist' is a non-accredited title that may be used by APD's as well as qualified nutrition scientists and graduates of nutrition degrees. There are no rules governing the use of this title, so people with limited nutrition training may also use it. Always enquire about the qualifications of a nutritionist.



What to Bring to Your Appointment?

- Doctor referral (if you have one)
- Any recent blood tests
- List of medications
- 3 day food diary

What Do Dietitians do?

Dietitians translate scientific information about nutrition into practical advice about what to eat. After assessing your nutritional needs, a personalised eating plan is developed as well as information given on:

- Healthy eating;
- Reading food labels;
- Fact from fiction;

During your appointment the dietitian will assess your medical history, family history and any current medications. Weight and body composition are also usually taken. Your diet will then be assessed and a management plan will be devised based on your needs.

Typically you may expect to need fortnightly to monthly visits for the first six months, then 6 monthly visits for the next 2 years for effective diet modification and continuing education. Occasionally, a single session will be sufficient to provide appropriate information.



Services Available Include-

- Diet Analysis and Nutrition Counseling
- Body Composition Analysis (Weight, BMI, Fat, Muscle, Water)
- Diabetes Group Education Sessions
- Books, Resources and Supplements

How Can a Dietitian help?

Nutrition is fundamental for all aspects of health and diet modifications can help treat or manage a number of conditions such as:

- **Weight**
 - Over weight
 - Under weight
- **Diabetes**
 - Insulin resistance
 - High glucose levels
- **Heart disease**
 - High blood cholesterol
 - High blood pressure
- **Gastro-intestinal diseases including**
 - Coeliac disease
 - Irritable bowels
- **Food allergies/ intolerances**
- **Poor energy levels (chronic fatigue)**
- **Decreased immunity**
- **Prevention of chronic disease**
- **Improved general health and well-being**



Dietitians can help get you off the dieting merry-go-round and help you make changes that will remain for a lifetime.