



Med Center Health®

[VIDEO TRANSCRIPT]

Medical Nutrition Therapy

[SARAH WIDENER, RDN, LD, CDE, DIRECTOR – COMMUNITY WELLNESS]

Medical Nutrition Therapy is a counseling session with a registered dietitian. Here at Med Center Health, you're going to meet with our outpatient dietitian, Jenna Polk, and she's going to walk you through disease management, weight management, whatever it is you need.

When somebody begins the process with a registered dietitian, they can expect that dietitian to meet them where they are. So, we going to walk through A: what do you need to work on? B: What are you willing to work on? C: What's that going to look like, what's that overall picture. You're going to set goals, and you're going to discuss how you're going to meet those goals.

How do you know if you need Medical Nutrition Therapy?

So, whether it's weight management, diabetes, high blood pressure, heart disease, maybe you have food allergies, Celiac disease, even eating disorders – those are all things that dietitians are trained in and medical nutrition therapy is going to help.

To begin the process to get started with medical nutrition therapy, you're going to seek out an appointment with your medical provider. They're going to send us a referral. Now, if you've already had a recent appointment, you can call our office as well and our team at Health & Wellness will help facilitate that referral with your medical provider.

[MUSIC]