

# OUTPATIENT NUTRITION COUNSELING/ MEDICAL NUTRITION THERAPY



Sentara Healthcare is pleased to announce outpatient Medical Nutrition Therapy services provided by Registered Dietitians at several Sentara locations *(listed on the back)*.

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 improve health.

## **EDUCATION AND SERVICES PROVIDED:**

- Hyperlipidemia (High Cholesterol and High Triglycerides)
- Diabetes
- Hypertension (High Blood Pressure)
- Malnutrition

- Gastrointestinal conditions, such as Irritable Bowel Syndrome, Celiac or Crohn's disease and Gastroparesis
- Weight management
- Enteral nutrition support (Tube Feedings)
- Pre-pregnancy nutrition
- Vegetarian/Vegan nutrition
- Wellness/General healthy eating
- Kidney Disease
- Oncology (Cancer)

## **THE BENEFITS OF OUTPATIENT MEDICAL NUTRITION THERAPY:**

- Assistance in reaching your health goals
- Communication between your primary care provider and a dietitian regarding your health needs
- Family members are welcome to attend sessions to provide support.

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[sentara.com](http://sentara.com)

**Sentara Healthcare**  
Outpatient Nutrition Counseling/  
Medical Nutrition Therapy



# OUTPATIENT NUTRITION COUNSELING/ MEDICAL NUTRITION THERAPY

## WHAT TO EXPECT:

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

One week prior to your appointment, it is recommended to keep a journal of food and beverage intake. This information will help the dietitian better assess your overall nutritional status.

After the first visit, patients are scheduled for follow-up visits to monitor dietary and behavioral changes.

Prior to your visit, please call the number listed on your medical insurance card to determine if your insurance plan covers Medical Nutrition Therapy.

Atención: si habla español, tiene a su disposición servicios lingüísticos gratuitos. Llame al 844-809-6648.

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 844-809-6648 번으로 전화해 주십시오.

注意: 如果您讲中文普通话, 则将为您提供免费的语言辅助服务。请致电 844\_809\_6648。

**ATTENTION:** Language assistance services are available to you free of charge.  
Call 844-809-6648

Sentara Healthcare complies with applicable Federal Civil Rights Laws and does not exclude, deny benefits to, or otherwise discriminate against any person on the grounds of race, culture, color, religion, marital status, age, sex, sexual orientation, gender identity or gender expression, national origin or any disability or handicap.

## HOSPITAL LOCATIONS FOR ALL MEDICAL NUTRITION THERAPY INCLUDING DIABETES:

Sentara Obici Hospital  
(757) 934-4559

Sentara Princess Anne Hospital  
(757) 507-2715

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) 523-0590

## HOSPITAL LOCATIONS THAT PROVIDE ONLY MEDICAL NUTRITION THERAPY FOR PEOPLE WITH DIABETES:

Sentara CarePlex Hospital  
(757) 827-2097

Sentara Norfolk General Hospital  
(757) 388-5582

Sentara Virginia Beach General Hospital  
(757) 395-8836

*\*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.*