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**Cardiovascular
Disease**



Diabetes



**Kidney
Disease**



**Musculoskeletal
Conditions**



**Respiratory
Disease**



Your Aboriginal Health Worker can provide you more information

Upcoming appointments

Who

Date / /

Time : am/pm

Bring

Who

Date / /

Time : am/pm

Bring

Who

Date / /

Time : am/pm

Bring

Disclaimer

The information in this pamphlet is of a general nature only and not intended as medical advice.



**Aboriginal
Health & Medical
Research Council
of NSW**



Dietitian

Resource three of the

Living Longer Stronger Resource Kit

2nd edition

Who are they?

A Dietitian is a health professional who specialises in food and nutrition. A Dietitian can assist in the management of a variety of medical conditions such as diabetes or food allergies, by helping people to understand a healthy diet and making healthier food choices.

A Dietitian can also provide:

- + Food education & diet review 
- + Weight management plans
- + Chronic condition nutrition therapy
- + Diabetic review 
- + Health and nutrition programs in communities or schools



What should I do before the appointment?

- + For some people, it may be very helpful to complete a food diary and record everything that you eat and drink and time of consumption for a few days. This can help the Dietitian understand what you may usually eat and help them to create a food management plan.
- + Write down your questions regarding your concerns about your condition and raise them during the appointment.

How much does it cost?

Costs to see a Dietitian may be partly or fully covered by Medicare, and if you have health insurance, some expenses may be covered. Don't hesitate to contact the service provider for further information.

How can I access one?

You can usually make a direct appointment with a Dietitian in your local area, but some may require a referral from your GP.



Dietitian

Provides advice on healthy eating and food choices to manage medical conditions and improve overall health.

What to expect during the appointment?

- + Your Dietitian will go through your medical history, eating habits and assess your nutritional needs. They can develop a tailored management plan and provide further advice about your diet.
- + You may require follow-up visits to monitor your progress or make changes to your management plan.