



## Role of a Dietitian

### Dietitians:

-  Work to improve weight-related co-morbidities, optimise dietary intakes and stabilise eating patterns to ensure that nutritional needs are met alongside weight targets.
-  Are essential and integral members of multidisciplinary weight management teams. Work with patients to devise individual, realistic weight-loss targets in complex medical cases using evidence-based practice. They provide personalised, specific, age and culturally-appropriate advice, taking into account the whole patient, not solely dietary aspects, resulting in a positive experience of care.

Your consultation with **Intensiv dietitians** is for 30 minutes, so we have time to take a detailed look at your health issues and your current diet and lifestyle patterns. Your dietitian will spend time asking you questions to try to get a thorough history of your health, what you eat and what sort of factors affect your eating. You will be asked questions about your eating habits and food intake and perhaps about your digestion or any symptoms you may be experiencing.

Accredited practising dietitians undertake four to five years of university education to equip themselves with the knowledge and skills to provide personalised nutrition advice, as well as medical nutrition therapy where appropriate. Dietitians can assist in practical meal ideas, menu planning and shopping, and quick and easy food preparation methods to help make your diet more interesting, enjoyable, and importantly nutritious.

Studies in Obesity and weight loss management shows that those whom engage in regular follow up with a dietitian are more successful.

Dr Wagenaar works closely with the dietitian's at Intensiv, and will rely on their input as part of our multidisciplinary care. Our dietitians are all experienced, friendly and understanding. They all juggle family and work life so clearly understand the need for realistic goals and practical advice.