

**St. Joseph Medical Center
Food and Nutrition Services
145 N. 6th Street
Reading, PA 19603-0316**

*Call Central Scheduling at **610-378-2100**
to schedule an appointment with the dietitian.*



Medical Nutrition Therapy

*A Longer, Happier
Life Through Education*

 **St. Joseph
Medical Center**

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2500 Bernville Road (Route 183), Reading, PA 19605
610-378-2000

thefutureofhealthcare.org



St. Joseph Medical Center Department of Food and Nutrition Services focuses on educating children and adults on pertinent nutrition issues. In conjunction with the National Institutes of Health, the Surgeon General and the American Dietetic Association, we champion causes which will have a direct impact on the health of our community. We are advocates for healthy eating and lifestyle modification.

What is Medical Nutrition Therapy?

MNT is defined as comprehensive nutrition services provided by a Registered Dietitian, or R.D., as part of the healthcare team. MNT has been proven effective in treating and controlling heart disease, stroke, diabetes, high cholesterol and other life-threatening conditions. Through working with a registered dietitian, you will be provided with a personalized nutrition plan to help in treating your medical problem. Dietitians can separate facts from fads, and provide direction to a healthier way of eating.

What is a Registered Dietitian (R.D.)?

An R.D. signifies that he/she has a minimum of four years of education in dietetics, completed a minimum one year rotating internship and has successfully passed a credentialing examination with the American Dietetic Association. After becoming registered, the dietitian then becomes eligible for Pennsylvania state licensure. To continue their RD/LD status, dietitians must participate in continuing professional education, which enables them to keep up with the current developments in the nutrition field. That's why they are the recognized experts on diet, food and nutrition.

What does L.D.N. Stand for?

L.D.N. is an abbreviation for "licensed dietitian/nutritionist".

Dietetics practitioners are licensed by states to ensure that only qualified, trained professionals provide

nutrition services or advice to individuals requiring or seeking nutrition care or information. Only state – licensed dietetics professionals can provide nutrition counseling.

How Do I Start?

The fee for medical nutrition therapy may be covered by your medical insurance company. It is best to check with your insurance company before the visit. If it is not covered, there is a minimal fee for the services provided. All consultations are confidential and patients are encouraged to bring family members or friends.

The physician's office should send, or the patient should bring, the following to the appointment:

- A referral including the prescribed diet order and prescription
- Medical insurance information
- Medical/surgical problem list
- A list of medications, supplements, and over the counter medications
- Any pertinent lab results
- Any food intake and/or blood sugar records they have been keeping

Individualized Medical Nutrition Therapy for:

- Diabetes
- Cardiovascular Disease
- Food Allergies
- Weight Management
- Cancer
- Digestive Disorders
- High Cholesterol
- General Well-Being
- Children
- High Blood Pressure
- Pregnancy
- Renal Disease
- Vegetarian Diets

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**To speak to a Registered Dietitian
please call 610-378-2585.**

Nutrition Counseling Services are provided in a relaxing environment.