

Dietitians can help people to understand the relationship between what they eat, their health and well-being.

The EACH Dietitian service can provide assistance for the following conditions:

- diabetes
- pre-diabetes/impaired glucose tolerance
- elevated cholesterol
- elevated triglycerides
- high blood pressure
- irritable bowel syndrome
- diverticulitis
- constipation
- gastric reflux
- coeliac disease
- anaemia/iron deficiency
- osteoporosis
- swallowing and/or chewing difficulties
- weight management
- polycystic ovarian syndrome
- cancer (managing symptoms associated with cancer and/or treatment)
- arthritis
- food allergy or food intolerances
- vegetarian or vegan diets
- healthy eating or general nutrition advice
- maximising energy levels.

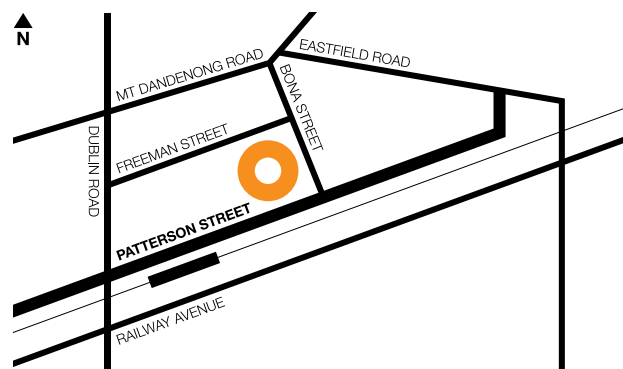
parking

Limited parking is available at the back of Maroondah Social and Community Health Centre via Freeman Street. Street parking is available in the surrounding streets but it is limited to two hours.

The Patterson Street entrance has a circular driveway for drop off and pick up. Parking bays for the disabled are also available and are located adjacent to the main entrance.

each allied health services

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This service is supported by financial assistance from the Australian and Victorian Governments.

each

partners in building healthy communities

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each dietetics



about the dietetics service

A dietitian provides individualised and practical dietary advice to assist people to:

- manage their long term health conditions
- achieve a better quality of health.

A dietitian can also:

- provide general dietary advice
- encourage healthy dietary choices to prevent long-term health conditions
- promote and maintain health.

what can a dietitian offer?

During a consultation, the dietitian will:

- undertake a comprehensive assessment of a person's nutritional status including any adequacies and deficiencies
- discuss the person's current lifestyle and diet, and eating pattern
- provide dietary advice to assist in treating or preventing diet related conditions
- establish strategies to assist people to make specific, realistic and achievable changes to their diet and improve their health
- provide support and consultation to people and their carers
- refer to, and liaise with other health professionals if required.

Ongoing nutrition counselling and support is offered where necessary to assist people in adopting new habits, achieving their goals and enjoying a healthier lifestyle.

Review session may include:

- reviewing goals
- assessing progress
- answering questions
- further dietary advice if appropriate.

eligibility

Priority is always given to people who are most in need and experiencing disadvantage.

People can refer themselves or be referred by family, friends, carers, GPs, hospital or other health professionals.

Contact the Intake Worker on 9837 3999 for information about eligibility or to make a referral.

fees

Fees are based on income level and ability to pay. Currently, the fees are:

- \$8.00 for Health Care Card/Pension Card holders or people on low incomes
- \$12.00 for people on medium level incomes.

Fees are charged in line with the Department of Human Services recommendations.

People experiencing difficulty with the fee payment are encouraged to discuss this with staff.

Group activities also incur fees.

cancellations

Please call 9837 3999 to advise reception if you need to cancel your appointment.

If we are given 24 hours notice, someone else has the chance to see the dietitian, and another appointment time can be organised.