



**BANISTER  
NUTRITION LLC**  
CHANGING HABITS  
CHANGING HEALTH  
CHANGING LIVES

## Nutrition Notes

October 2018

- **TELENUTRITION:** Your patient wants to meet with one of our dietitians but doesn't want to take off work or drive across town or several hours for an appointment. YES – we now offer video conference appointments – call our office to learn the details and about the discounted price!
- **Lactose Intolerance:** The gastroenterologist, patient and dietitian must all be involved in successfully helping the patient with lactose intolerance. The gastroenterologist can provide needed information as to whether the lactose intolerance is primary or secondary possibly due to SIBO. Individuals vary in the amount of lactose they can tolerate. An RD/LD will assist your patient in identifying the lactose content of foods, what their tolerable level is, if they need to avoid lactose or just restrict lactose, and if lactase enzymes and/or probiotics will benefit the patient.
- **Belviq/Lorcaserin:** This weight loss drug was approved initially in 2012 for a 10 mg bid dose, then in 2016 a 20 mg extended release dose was approved. As for the safety of the drug, recent research shows the drug does not increase risk of any major cardiac events. **Question to ponder:** *Have you ever known anyone who over-ate regardless of whether they were hungry or not?* The medication directions advise it is to be used in conjunction with a calorie restricted diet and increased exercise, which means your patient still needs to be consulting with a dietitian experienced with behavioral weight loss guidance. If you and your patient are considering the use of weight loss medication: your prescription should be for 30 days and refilled only if you receive notes from your patient's RD/LD confirming they are being seen at least twice monthly.
- **Case Study:** E.L., 10 y/o male, referred for weight management and healthy eating. Patient is sedentary, plays video games, occasional snacks, and drinks sweetened beverages. RD provided user friendly guidance for meal pattern adjustments, portion sizes, soda frequency, screen time, and increased activity. Patient and family were coached to achieve the goals patient chose for himself. Noticeable improvement has been achieved with meal balance, decreased portions, and sodas with increased activity. Patient is very happy with the 9lb he has lost thus far along with increased energy and he doesn't feel like he is on a restricted diet. Great job E.L.

*Carl Banister*

*Shelba Co RD/LD*

*Yvonne Neel MS, RD/LD*