



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

Nutrition Notes September 2018

- **Telenutrition/Telehealth:** We have the solution to making nutrition consultations convenient for your patients who do not want to take time off work or drive to an appointment. **Telenutrition** is face-to-face online counseling and all you need is access to a laptop, tablet, or smartphone, wi-fi or a data plan, and a quiet location for consultation. **"IF"** your patient wants their insurance to assist with payment, then your patient must be sitting in a rural clinic, hospital, or skilled nursing facility. Your *self-pay* patient can be in any location they desire in the city or rural area. Please call our office to schedule your patients for **telenutrition**, or to find out more about this service.
- **Post- Bariatric Surgery and Weight Management:** We encourage you to identify the patients in your practice who have had bariatric surgery in the last 6 months to 10 years. How many of these patients are still struggling with nutritional balance, muscle loss, low energy, weight loss or weight gain? These patients need continued support and guidance from an experienced bariatric dietitian. Morbid obesity is as much a 'head' issue as it is a 'gut' issue, so cutting on the gut does not fix the on-going 'head' issues.
- **Case Study:** BB is referred to BN for unintentional weight loss/malnutrition, GERD, history of roux-en-y gastric bypass in 2006, no vitamin/mineral supplements. Treatment protocol included: nutritional assessment, identification of deficiencies, appropriate bariatric vit/min supplement, and behavioral health problem solving. Patient outcome: improved sleep, concentration, mental health, pain, self-image and energy, as well as increased interest in hobbies, healthier skin, hair and nails, weight gain, decreased reflux, food sensitivities and GI issues.
- **Freestyle Libre CGM – Pharmacy Discount Card:** Patients are finding the Freestyle Libre CGM affordable, helpful and convenient for use. Patients can obtain Pharmacy Discount Cards at no charge to help decrease cost if insurance will not cover it. With the discount card they may only pay \$65 for the reader and \$65 for three sensors, which will last a month. We are seeing improved BGV, because the readers provide real-time information, as well as problem solving, and pattern management when we can work with information from the patient's reader plus their intake records.

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