

BANISTER NUTRITION LLC

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- **Medical Nutrition Therapy (MNT)** is covered by most insurance companies. Banister Nutrition (BN) is contracted with all of the major commercial health insurance providers. BN provides to each office referral forms to complete and fax to our office, we in turn will contact your patient to schedule. Please call us if you do not have these forms for your ease of referral. The ICD-10 number from the physician along with the CPT code from BN is necessary for reimbursement. It is a common misconception from physicians and patients that MNT is not reimbursed by health insurance, this is a fallacy we want to clear up for the benefit of your patients accessibility to MNT.
- **Why do we overeat:** We could resolve many health problems if we had THE answer to this question. Is excess weight a result of gut or mind function? Do diets, food plans or eat this not that, Keto, Paleo, focus on food rules or changing your lifestyle and relationship with food. Everyone knows and accepts you have to stay focused and work hard for years to become wealthy, why can we not apply this same logic to weight loss and improving health. Get rich quick schemes do not work nor do lose weight fast schemes.
- **Dietary supplements and Parkinson's Disease:** A recent study looking into the use of dietary supplements among those with PD found 83.4% take 1 to multiple supplements daily. The most commonly used supplements were vit D, multivitamins, vit B12, fish oil, CoQ10, and calcium.. Dietary supplements have the potential to interact with medications. Approximately 30% of supplement users share no information about their supplement intake with their physicians, pharmacists or dietitians. Targeted questions regarding supplement use should be directed to all patients.
- **Alarming increase of T2DM among youth:** Adolescents at onset of puberty or around the age of 10 with the following symptoms could signify need to check for T2DM: hyperglycemia, skin changes, overweight, hypertension, family hx of diabetes, irregular periods, PCOS. The diagnosis is more aggressive in this age group which can lead to complications much quicker than when diagnosed later in life. Family based lifestyle interventions including MNT and exercise are the cornerstone to treatment.
- **Case Study:** SR was an 18 yr. old with Asperger's referred to BN in 7/2019 for fatty liver and weight management. Treatment protocol included: assessing physical vs emotional hunger, balanced meals to better control appetite, benefits of activity, fueling appropriately for activity, benefits of adequate hydration, mindful eating habits and tips to improve sleep quality/routine. Patient outcomes: 29 pound weight loss, recognition of physical vs emotional hunger and ability to use alternative activities, more appropriate portion sizes, improvements in energy and endurance and improved sleep schedule. Patient continues with monthly follow up appointments.

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