

FREQUENTLY ASKED QUESTIONS DIETETICS SERVICE

What is a dietetic consultation?

It is a medical nutrition therapy to support individual patient based on one's health conditions to modify dietary and lifestyle to improve health outcomes. You will be working with a qualified dietitian to provide you with a personalized nutrition assessment and counselling with evidence-based advices.

What type of service is included in the consultation?

- i. Pre-Diabetes/ Diabetes/ Gestational diabetes (During Pregnancy)
- ii. Cardiovascular Diseases (Hypertension, Heart Disease, Stroke, High Cholesterol)
- iii. Cancer (Oncology)
- iv. Kidney Dietary Management (Dialysis/ Non-dialysis)
- v. Urological (Urinary or Kidney Stones)
- vi. Weight Management (Underweight, Overweight, Obesity)
- vii. Gastroesophageal Reflux Disease
- viii. Recovery Post Surgery

Feel free to get in touch with us if you would like to enquire for other medical conditions not listed.

What are the benefits and risks of a dietetic consultation?

A nutrition consultation can be used as a complementary therapy, allowing other forms of treatment to be more effective. It will also be beneficial to :

- achieve optimal health
- to alleviate disease or treatment symptoms or side effects
- helps delay progression of disease
- enhance patient's response to treatment
- prevent malnutrition early in high risk patients

Majority health will be improved with better nutrition, however, seeing a dietitian doesn't guarantee that your medical condition will be fully reversed or cured, varies depending on the advancement of disease.

For chronic diseases such as stroke, diabetic, heart disease, kidney diseases and cancer, are recommended for dietetic intervention.

What types of dietetic consultation is available?

- i. In clinic.
There will be a face-to-face consultation and follow up sessions during clinic visit at ML've URocare Center (Novena) or ML've Medical Diagnostics Suite (Novena). Each session will be by Dr's referral or appointment basis.
- ii. Online.
Join our ML've community, as a member, you will be entitled for personalised advice/ nutrition support recommendations at any time. You can also log in your meals via photos, blood glucose or physical activity record wherever you are at any time of the day.

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What to prepare before my consultation in clinic?

- i. Pre-plan your health goals (Some examples: to feel less tired/ maintaining adequate nutrition during chemotherapy/ delay progression to insulin injection / rebuilding strength to resume exercise and work)
- ii. A family member is encouraged to come along during consultation to help absorb information, especially if they do most of the cooking or grocery shopping, as they will also be a part of the support with your dietary and lifestyle changes.
- iii. (Optional) You may also keep a list of questions you may have and a food diary record of the usual meals you have for 3 days of the week, to communicate with your dietitian during consultation
- iv. (If any) You may also bring along a doctor's referral letter, or a valid blood test result within the past 6 months, or picture of any medications or supplements that you are currently taking, on your appointment day.

What to expect during my consultation?

Your first consultation in clinic will take about 45 minutes, for a detailed assessment about your lifestyle and eating habits. The dietitian may also ask on other questions, which can affect your food intake and your health goals.

At ML've, we encourage our clients to enjoy eating right for health, to empower clients to set personal nutrition goals that fit into their lifestyle. You may also be recommended with a nutrition support formula, oral supplementation or meal replacement, depending on your medical condition and nutritional status.

What to expect after my consultation?

You will be arranged for a follow up session on your next appointment, interval varies depending on each medical condition. Follow-ups allow the dietitian to keep track of your progress, and to fine tune your eating plan.

How do I book for my consultation, do I need a doctor's referral?

A doctor's referral is not required to book an appointment. However, if you have a complex medical issue, your doctor may provide us with a referral note to update us on your medical condition so we can best take care of your nutrition needs. To make an appointment with us, you may reach us at 6570 2260 or 6935 3891.