

Medical Nutrition Therapy

Registered Dietitian Nutritionists (RDNs)
Improve Health Outcomes

Dietitians use the Academy of Nutrition and Dietetics' Evidence-Based Nutrition Practice Guidelines to counsel patients on lifestyle changes and self-management skills. These guidelines illustrate best practices related to Diabetes and Chronic Kidney Disease in order to achieve positive outcomes. The following examples demonstrate the benefits of dietitian provided nutrition services:

- Studies evaluating the effectiveness of Medical Nutrition Therapy (MNT) in patients with diabetes reported reductions in A1C levels ranging from 0.25% to 2.9%.



- Medical Nutrition Therapy (MNT) lowers blood pressure in adults with hypertension. Studies show Medical Nutrition Therapy (MNT) provided for six months or less leads to significant reductions in both systolic and diastolic blood pressure.



Beat Diabetes!

Call our office today! Our office staff will coordinate with Medicare and your physician to complete paperwork and schedule a visit with an RDN/shoe-fitter.



DIETITIANS AT HOME

In-Home Dietitians and Diabetic Shoes for Patients with Diabetes or Chronic Kidney Disease

Contact Us

P: (312) 850-3438
F: (312) 638-9872
dietitiansathome.com

Covered by Medicare



Diabetic Shoes

As part of our focus on diabetic foot care education, we provide therapeutic footwear for patients diagnosed with diabetes.

Therapeutic footwear helps our patients prevent diabetic foot complications.

Did you know?

- 67% of lower limb amputations in the United States occur as a result of diabetes.
- Diabetic shoes lowered amputations by 18% and foot reulcerations by 12% after two years.



- Costs for diabetic patients with foot ulcers are 5.4x higher in the first year alone.

What Happens During a Dietitian Visit?

During a Medical Nutrition Therapy (MNT) intervention, a dietitian counsels patients on behavioral and lifestyle changes required to positively affect long-term eating habits and health. Medical Nutrition Therapy is an evidence-based treatment for diseases and conditions such as diabetes and chronic kidney disease.

Medical Nutrition Therapy (MNT) includes:

- Performing comprehensive nutrition assessments
- Planning and implementing nutrition interventions
- Monitoring and evaluating individual progress towards nutrition goals
- Evaluating risks, complications, educational needs, and other issues that may arise as a result of diabetes



How Are Services Covered?

Medicare Part B completely covers Medical Nutrition Therapy (MNT) 100%.

Diabetic shoes are covered 80% by Medicare and a secondary insurance can be used to cover the other 20%. We do accept Medicaid as a secondary insurance.



DIETITIANS AT HOME