

Forest County Potawatomi Health and Wellness Center ...

Invites you to utilize Nutrition Services provided by a Registered, Certified Dietitian Nutritionist (RDN, CD) to assist in managing your nutrition needs.



Schedule an appointment

You can schedule an appointment with our medical scheduling staff. A referral from your physician may be required for some types of insurance. If your insurance does not require a referral, you may simply make an appointment.

Call (715) 478-4339 to schedule an appointment.



What is the cost?

Please contact your insurance company to discuss your benefits. FCP Insurance provides three RDN visits per calendar year.

Nutrition Services Include:

- Individual Medical Nutrition Therapy •
- WIC Program •
- Community Events •
- Presentations •



Mish ko swen, Strong and Healthy



Outpatient Nutrition Services



**FOREST COUNTY POTAWATOMI
HEALTH & WELLNESS CENTER
COMMUNITY HEALTH**

8201 Mish Ko Swen Drive
Crandon, WI (715) 478-4300



What is a Registered Dietitian Nutritionist (RDN)?

Every Registered Dietitian is a Nutritionist, but not every Nutritionist is a Registered Dietitian.

Qualifications of an RDN include:

- ✓ Bachelor's degree in nutrition, dietetics, or a related field
- ✓ Completion of 1200 supervised practice hours through an accredited program
- ✓ Passing the registration exam given by the Commission on Dietetic Registration
- ✓ Continuing education requirements in order to maintain his/her certification.

What is Medical Nutrition Therapy (MNT)?

MNT is a therapeutic approach to treating medical conditions and their associated symptoms via the use of a specifically-tailored diet devised and monitored by a registered dietitian or professional nutritionist. Medical Nutrition Therapy is an essential component of comprehensive health care. Individuals with a variety of conditions and illnesses can improve their health and quality of life by receiving medical nutrition therapy. During an MNT intervention, RDN's counsel clients on behavioral and lifestyle changes required to impact long-term eating habits and health.

RDNs provide MNT for a variety of diseases and conditions including:

- ▶ Cardiovascular Diseases: hypertension, dyslipidemia, congestive heart failure
- ▶ Diabetes: Type 1, Type 2, Gestational
- ▶ Disease Prevention: general wellness
- ▶ GI Disorders: celiac disease, lactose intolerance, diverticulosis, diarrhea, constipation
- ▶ Immunocompromise: food allergy, HIV/AIDS
- ▶ Nutritional Support: oral, enteral, parenteral
- ▶ Oncology
- ▶ Pediatrics: infant/child feeding
- ▶ Pulmonary Disease: COPD
- ▶ Renal Disease
- ▶ Weight Management: overweight/obesity, bariatric surgery, eating disorders
- ▶ Women's Health: pregnancy, osteoporosis, anemia

Why is nutrition important?

“We are indeed much more than what we eat, but what we eat can nevertheless help us to be much more than what we are.” ~ Alice May Brock

