

# Bookings

To find out more information about our services or make a booking contact Dietetics by calling in at 125 Campbell St or **phone: (03) 5033 9337**.

**All our services are highly confidential**

## Fees

A small fee is charged for some services, please let your health professional know if you have any concerns with this.

Our services are free to young people <18 yrs.

## At your Appointment

At your first appointment, your dietitian will ask about your medical history and health goals.

Your dietitian will show you how changes to your diet can improve your health.

It's a good idea to take along any recent blood test results

Your first appointment will usually take about 60 to 90 minutes.

A review appointment/s may be needed to help you reach your health goals



## FOR MORE INFORMATION CONTACT:

**Department | Swan Hill District Health**

Community Health

**Address:** 125 Campbell St

**Phone:** (03) 5033 9337

**Fax:** (03) 5036 4561

**Email:** [chreception@shdh.org.au](mailto:chreception@shdh.org.au)

**Web:** [www.shdh.org.au](http://www.shdh.org.au)



# Dietetics

8:30am—5.00pm  
Monday to Friday

# What does a Dietitian do?

## Assess nutritional needs

Dietitians provide nutrition counselling and support to individuals and groups, and provide information on healthy eating, shopping for food, eating out and preparing food at home.

Dietitians develop individual personalised treatment options that consider medical conditions and personal circumstances.

## What conditions can a Dietitian help with?

Dietitians help treat a wide range of conditions including diabetes, heart disease, cancers, gastrointestinal diseases, food allergies, food intolerance's, disordered eating as well as overweight and obesity.

## Dietitians offer personalised advice and support

Dietitians understand that there is no one-size-fits-all approach when it comes to diet and nutrition (in other words, what works for one person may be different to what works for another). And the truth is that there are many ways for people to have a healthy diet.

It's at this individual level that a Dietitian can help. They consider the whole person – that is, each person's unique profile, such as their medical history, as well as their needs, goals and lifestyle. They also assess the body of scientific evidence, and are flexible with the advice and support they offer, on a case-by-case basis.

# Dietetic Services

Our Dietitians provide optimal nutrition care to patients and consumers of Swan Hill District Health and empower members of the community to optimize health through good nutrition. All our staff are Accredited Practising Dietitians (APDs).



## Dietetics Clinic

Individual appointments with an APD for our community regarding any nutrition issue or chronic condition (including diabetes) requiring dietary advice.

## INFANT program

Group sessions are provided for parents of young infants over the first year of life at relevant stages, providing education and support regarding nutrition, play and parenting. Sessions are held for 3, 6, 9 and 12 month stages, these are held Tuesday mornings at Community Health



## Maternal & Child Nutrition

Individual appointments with an APD for women planning or in pregnancy and parents of infants and young children in regard to nutrition and feeding issues. There is no charge for children's appointments



# Dietetics

Dietitians provide nutrition screening, assessment and advice to :

- Acute Care patients
- Subacute Care patients
- Aged Residential Care residents/consumers
- Community Outpatients



## Other services

- Nutrition assessment and advice on appropriate oral nutrition supplements, including the option to purchase suitable products
- Nutrition education in Diabetes
- Cardiac Rehabilitation and Falls & Balance nutrition session, located in the Community Rehabilitation Centre
- Home Enteral Nutrition (HEN)
- Career information
- Tertiary student placement
- Prevention initiatives in partnership with the Health Promotion team, including Food for All– Swan Hill Region, Smiles 4 Miles Program, and nutrition education sessions within the community.