

CareMore's Registered Dietitians

Did you know...

- you need a Dietitian to help you control your blood sugars effectively?
- an improved diet may allow you to reduce your medications?
- Caremore has a dietitians that specialize in disease control?
- seeing a Dietitian will help improve your health and manage your disease conditions better?



What is a Registered Dietitian (RD) or Registered Dietitian Nutritionist (RDN)?

A Registered Dietitian (RD) or Registered Dietitian Nutritionist (RDN) is different than a Nutritionist. An RD or RDN delivers tested and reliable information to help manage disease and health concerns for patients.

We can help with:

- Menu planning
- Reading labels
- Understanding what will help your health
- Shopping at the market

What diseases do RD's or RDN's give diets for?

- Pre-Diabetes
- Diabetes
- Chronic Kidney Disease (CKD)
- End Stage Renal Disease (ESRD)
- Chronic Obstructive Pulmonary Disease (COPD)
- Congestive Heart Failure (CHF)
- Hypertension (High Blood Pressure)
- Unwanted Weight Gain
- Unwanted Weight Loss
- Other concerns related to nutrition or healthy eating

**Contact your CareMore Care Center
to set up an appointment with an RD today!**