

What is Medical Nutrition Therapy (MNT)?

Medical Nutrition Therapy involves the assessment of the nutritional status of patients with a condition, illness or injury followed by therapy. Medical Nutrition Therapy is not about dieting. Instead, it focuses on managing your disease through a healthy approach to eating and lifestyle.

UPSTATE

UNIVERSITY HOSPITAL

Upstate Health Care Center

Nutrition at Regional Perinatal Center/Woman's Health Services

3rd Floor Suite 3012

90 Presidential Plaza Syracuse, NY 13202

Nappi Wellness Institute

Nutrition at Adult Medicine

3rd Floor Suite B42

725 East Adams Street, Syracuse NY, 13210

MEDICAL NUTRITION THERAPY



UPSTATE

UNIVERSITY HOSPITAL

Nutrition Services



Who can benefit from MNT?

People who have:

- Diabetes
- High cholesterol level/lipid management
- High blood pressure
- Heart or kidney disease
- Weight management needs
- Food allergies or intolerances
- Esophageal reflux disease
- Hypoglycemia
- Weight gain needs: Tube feedings, Failure to Thrive, Cystic Fibrosis, AIDS
- Tested positive for HIV
- Celiac disease
- Crohn's disease or ulcerative colitis
- Polycystic ovarian syndrome
- Pregnancy including gestational diabetes
- Eating disorders
- Sports nutrition
- Growth and development
- An interest in making healthy lifestyle choices to prevent disease

What Medical Nutrition Therapy could mean for you:

- A reduction in the amount of medicine you take
- Better disease management, including improved blood sugars, blood cholesterol, and blood pressure
- Possible decrease in hospital admissions and length of hospital stays

- Reduction of painful and dangerous complications
- An enhanced quality of life as you learn how your body responds to what you eat and how exercise has an impact on your blood sugar, blood pressure, and cholesterol

Who will provide MNT?

Our staff of Registered and Certified Dietitians (*DY-eh-TIH-shun*) will provide both medical nutrition therapy and preventative services. Dietitians are educated in the science of nutrition. They specialize in applying their knowledge to disease prevention and treatment.

How will the nutrition counseling session be planned?

Counseling sessions will be one-on-one unless designated as a class format. Importance is placed on working with you to develop a personal eating plan that considers your lifestyle, medical conditions, and desired health outcomes.

During the first one-hour visit, the Dietitian will assess your diet history, social history, and review your blood work and medicines. After this assessment, the Dietitian may help you make helpful lifestyle changes in the following areas:

- Food and meal planning
- Potential food and drug interactions
- Food preparation
- Recipe modifications
- Food label reading
- Dining out
- Physical activity
- Understanding blood test values
- Self-monitoring of blood sugar for diabetes
- Sick day management for diabetes

Follow-up visits are encouraged as they do help with success of MNT and may include:

- Continuing medical nutrition therapy
- Behavior modification techniques
- Coaching and goal setting
- Question and answer sessions
- Positive reinforcement to encourage continued motivation
- Routine weigh-ins to monitor progress
- Nutrient analysis of diet

Health insurance coverage/cost

Medicare Part B covers MNT for diabetes, non-dialysis renal disease, and post-renal transplant but not for other conditions. Under the Affordable Care Act of 2010, with Preventative Care, most health plans may cover diet counseling for people at higher risk for chronic disease like cardiovascular disease and obesity in adults and children. Depending on your insurance, you may be able to get diet counseling at not cost to you. Check with your insurance company to find out what's included in your plan.

Private health insurance and Managed Medicaid varies so you will need to verify insurance coverage for MNT for the diagnosed condition. You may also need to obtain insurance authorization from your insurance carrier.

How can I make an appointment?

A doctor must refer you. Appointments are scheduled between the hours of 8:30 a.m. and 3:30 p.m. Monday through Friday.

Call Central Scheduling at 315-464-2778.

Doctors' offices can fax a referral from, relevant labs, and MD notes to 315-464-5115.

