



## Melissa A. Santini MS, RDN, LDN, CDE

Melissa is a seasoned registered dietitian and certified diabetes educator. Her passion is working with diabetic patients and helping them achieve their nutritional goals. She realized this working in the acute care setting treating Type-1 pediatric patients and their families. She also provides care to patients with a wide range of complex medical conditions including renal disease, obesity, dementia, orthopedic surgery, wounds, cardiac management, COPD, CHF, cancer, malnutrition, and psychiatric disorders.

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# Nutrition and Diet

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## Help is Here!

Living with a chronic condition such as diabetes, chronic wounds, food allergies or simply being overweight can be overwhelming and dangerous to your health. With so much information available at our fingertips, often from unreliable sources, it can be difficult to know who to trust. We understand your challenges which is why we provide practical well-thought-out solutions to help coach you to better health.

## Quality & Supportive Health Coaching

Diabetes, obesity and poor diet impacts a person at home, work, and school which effects many different areas of their life—relationships, lifestyle, health, etc. Successful self-management involves knowledge about a broad range of topics such as nutrition, medication, exercise and coping skills. That's where our registered dietitian comes in. They will help educate, guide, manage and support patients so they can understand and manage their condition with confidence. Everyone has the capacity for success, and we do our best to tap into those innate strengths to help them move forward.

### Please note:

Successful management of your diabetes starts with you and your commitment to good health. We're here for you and committed to helping you reach your goals. Your visits to our a registered dietitian are covered by many insurance plans. Prior to your first appointment, our staff will determine and notify you if our program is covered by your insurance provider.



### Services:

We'll arrange one-on-one appointments with our diabetes educator and dietitian, who is here to support and coach you with:

- Personal assessments
- Setting individual goals
- Developing daily strategies for dealing with diabetes
- Making a personal schedule for self-monitoring of blood glucose
- Medication(s) education
- Review of strategies for recognizing, treating and minimizing hypoglycemia (low blood sugar) and hyperglycemia (high blood sugar)
- Nutritional counseling and strategies for reaching dietary goals
- Meal planning and carbohydrate counting strategies
- Coping strategies
- Behavior modification
- Weight loss coaching



### What to Expect

Sessions with a registered dietitian are typically a little longer than a physician's visit, which allows for more time for education and counseling. They will help you set achievable goals and be a cheerleader for you along the way so you can reach your nutrition potential and improve your quality of life.

### Myths about Diabetes

#1 "I cannot eat any sugar, bread, or pasta if I have diabetes."

That is a common misconception. These foods seem to get a bad rap because if eaten in excess can contribute to poorly controlled diabetes. However, by learning about carbohydrate management and carbohydrate counting strategies, you can continue to enjoy the foods you love.

#2 "I take medication and do not need to follow a diet."

Diabetics have a higher risk of cardiovascular disease. Taking healthful steps to lose weight and have healthy eating habits can help lower your risk of experiencing a heart attack or other heart-related diseases.