

Our Locations

Cardinal Station

215 Central Avenue, Suite 100
Louisville, KY 40208
502.588.8720

Newburg

1941 Bishop Lane, Suite 900
Louisville, KY 40218
502.588.2500



For additional information, please contact:



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Please visit us at:

www.louisville.edu/medschool/familymedicine



**Nutrition
Services**

Nutrition Management Programs

Weight Management

Introductory / Ongoing Weight Management Group

Purpose

-Introduce overweight patient to:

- Math of weight loss
- Complexity of weight loss-what to do, what not to do
- Getting ready to change-progress not perfection-do NOT have to give up your favorite foods
- Start patients off with some behavior change
- Cost effective for those who cannot afford personalized programs but need help



-Education, Support & Information Sharing to:

- Share questions and support
- Introduce low-calorie cooking techniques and recipes
- Various topics for continuous learning

Meeting Times & Locations

Cardinal Station, 1:00-2:00 p.m.

2nd Friday of every month, except December

Newburg, 1:00-2:00 p.m.

4th Tuesday of every month, except December

Individual Weight Management Counseling

SCHEDULED APPOINTMENTS, 1/2 to 1 hour

Purpose

Educate, support & follow individuals who:

- Are uncomfortable being in groups (1/3 of the population)
- Are inappropriate for a group (patient exhibits counter-productive behavior for group environment)
- Need specific help with goals
- Need health literacy assistance
- May have barriers to healthy eating

Diabetes Management

Diabetes Medical Nutrition Therapy

-Individual Medical Nutrition Counseling

-Appointments available every month (typically on Tuesdays & Fridays)

Purpose

All New Diabetics need at least ONE individual visit with an RD/nutritionist because...

- RD explains the blood sugar-food connection and how to enhance medication effectiveness by developing healthy eating habits.
- RD demonstrates serving sizes & helps determine eating schedule
- RD discusses lipid & blood pressure issues & how healthy eating can improve indicators with or without medication
- RD uses teaching materials based on health-literacy
- RD determines & addresses barriers to healthy eating
- RD will be reimbursed through Medicare, Passport and most insurances.

Diabetes Group Visits

Facilitated by a combination of these providers:

Primary Care Provider, Registered Nurse, Social Worker & Registered Dietitian (NO COST TO THE PATIENT)

Purpose

To support, educate & answer the abundance of questions that plague those with Diabetes.

Meeting Times & Locations

Cardinal Station, 1:00-2:00 p.m.

4th Friday of every month, except December

Newburg, 1:00-2:00 p.m.

3rd Friday of every month, except December

Diabetes Planned Visits

A team consisting of: Primary Care Provider, Registered Nurse, Licensed Clinical Social Worker (LCSW) & Registered Dietitian conduct an integrated-team-approach style to managing the patient's diabetes.

SCHEDULED APPOINTMENTS available MOST Friday mornings at both Newburg & Cardinal Station practices.

Purpose

Many evidence-based services for diabetes care are available at the same visit, "a one-stop-shop" where:

- Medical issues are addressed that are directly related to diabetes outcomes.
- Medical Nutrition Therapy (MNT) is used to educate & address diabetes nutrition concerns briefly & reinforce at follow-up visits.
- The Social Worker conducts General Anxiety (GAS) & Depression (PHQ-9) screening & is available for resource issues.
- Diabetes nurse facilitates care coordination according to evidence-based guidelines.

Other Nutrition-related Diagnoses

Health promotion-disease prevention issues, dyslipemia, failure to thrive/weight loss, feeding problems, eating disorders, hypertension, gestational diabetes, GERD, Crohn's Disease, etc.

**APPOINTMENTS MUST BE SCHEDULED*

Traditional Nutrition Care

-Individual appointments available each month.

-Reimbursed through Passport & some insurances.

Purpose

To address eating habits that interfere with health. Currently only offering one-on-one care:

- For any patient diagnosis, not appropriate for group visit
- For uncommon diagnosis
- For initial or refresher diabetes education

**Uncommon diagnosis: Crohn's Disease, dyslipemia (only) eating disorders, failure to thrive / weight loss, feeding problems, GERD, gestational diabetes, health promotion / disease prevention, hypertension (only) , PCOS, etc.*