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:

Nancy Kuppersmith, Registered Dietitian
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Please visit us at:
www.louisville.edu/medschool/familymedicine
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

**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-literate
- 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 plaque 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.

**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.