



## Appointments

To make an appointment please call: 503-223-3313

*Our Mission:* We are a comprehensive medical team committed to making a healthy difference in your life.

*We specialize in you.*



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# Medical Nutrition Therapy

### THE PORTLAND CLINIC - DOWNTOWN

800 SW 13TH AVE, PORTLAND, OR 97205  
PHONE | 503-221-0161

### THE PORTLAND CLINIC - BEAVERTON

15950 SW MILLIKAN WAY, BEAVERTON, OR 97006  
PHONE | 503-646-0161

### THE PORTLAND CLINIC - SOUTH

6640 SW REDWOOD LN, PORTLAND, OR 97224  
PHONE | 503-620-7358

### DIETITIANS

#### JAN ADAMS-KAPLAN - MS, RD, CDE

THE PORTLAND CLINIC - DOWNTOWN  
THE PORTLAND CLINIC - SOUTH

#### JENNY DEBOER ROARK - RD, LD

THE PORTLAND CLINIC - BEAVERTON

## Your Dietitian Appointment

DATE	TIME
LOCATION	
DIETITIAN	

If you cannot keep this appointment, please cancel by phone at least 24 hours prior to your appointment so that someone else may have the time reserved for you.

503-223-3313





The role of the dietitian is to provide you with information and tools to help you take charge of your health. The goal is to help you find a style of eating and exercise that will support your health. Your visit with one of our dietitians may include any of the following options depending on what you need and want.

- An evaluation of your current food patterns or diet considering your health concerns
- Guidelines to help you choose a more healthful pattern of eating
- A meal plan based on your individual nutrition needs
- An evaluation of your blood glucose response to meals and snacks for patients with diabetes



## IF YOU HAVE ANY OF THE FOLLOWING CONDITIONS, YOU MAY BENEFIT FROM WORKING WITH A DIETITIAN

### Diabetes

Type 1, Type 2 and Gestational Diabetes

### Heart Disease, High Cholesterol, Low HDL Levels, High Triglycerides, Congestive Heart Failure

### High Blood Pressure

### Metabolic Syndrome

### Polycystic Ovary Syndrome

### Digestive Disorders

Irritable bowel syndrome, diverticulitis, celiac disease, Crohn's disease, ulcerative colitis, lactose intolerance, reflux/heartburn.

### Weight

Diet and exercise tailored to the individual. Regular follow up and weight monitoring.

### Bariatric Surgery

Insurance mandated nutrition therapy will be completed 6-12 months prior to the surgery only for patients referred by their Portland Clinic physician.

### Eating Disorders in Adults

Initial appointment for evaluation of anorexia and bulimia. Ongoing nutrition therapy is done only in coordination with a psychotherapist.

### Health Maintenance and Disease Prevention

You may not be ill now, but you have a family history or a concern about a particular illness and want to make changes to decrease your risk.

## HOW TO PREPARE FOR YOUR APPOINTMENT WITH THE DIETITIAN

**You will get the most from your appointment if you prepare in advance.**

- 1 Contact your insurance company to ask if your policy covers medical nutrition therapy by a licensed dietitian for your diagnosis or concern.
- 2 Keep a record of everything that you eat or drink for at least 3 days. A form for this is available on our website or use plain lined paper.  
Include in the record:
  - the time that you eat or drink
  - the food or beverage, describing it as specifically as you can
  - the amount that you eat or drink
- 3 Bring any vitamins/minerals and herbs that you take.
- 4 Bring any labels for unusual foods that you eat regularly or that you want to ask about (e.g. meal replacement beverages, protein powder, sports bars).