



Health Conditions with Nutritional Implications

Know when to refer to a Registered Dietitian

AUTOIMMUNE DISORDERS

- Multiple Sclerosis
- Celiac Disease
- Rheumatoid Arthritis
- Crohn's Disease
- Ulcerative Colitis

BEHAVIORAL ISSUES

- Alzheimer's
- Dementia
- Eating Disorders: Anorexia Nervosa, Bulimia Nervosa Binge Eating Disorder

CARDIOVASCULAR HEALTH

- Coronary Artery Disease
- Heart Attack or Stroke
- Altered Blood Lipids
- Hypertension

DEVELOPMENTAL DISABILITIES

- Autism Spectrum Disorders
- Down's Syndrome
- Prader-Willi

DIABETES

- Refer to **Certified Diabetes Educator/ Diabetes Self-Management Program:**
 - Newly diagnosed **Type 1, Type 2, Gestational**
 - Patient switching from oral medications to insulin
- Referral to a **Registered Dietitian** for:
 - Diabetes diet education
 - Carbohydrate counting
 - Weight loss counseling

PRE-DIABETES

- Refer for Lifestyle Modifications
 - **Registered Dietitian** and/or
 - **Diabetes Prevention Program**

DYSPHAGIA

Speech pathology may also be warranted

FOOD ALLERGIES, SENSITIVITIES & INTOLERANCES

GASTROINTESTINAL DISORDERS

- Upper & Lower GI
 - Gastroparesis
 - GERD
 - Persistent nausea, vomiting, diarrhea
 - Peptic ulcers
 - Esophageal surgery
 - Gastric surgery
 - Irritable Bowel Disease
 - Irritable Bowel Syndrome
 - Malabsorption
 - Constipation
 - Bowel resection
 - Colostomy ileostomy
 - Diverticular conditions
- Liver
 - Cirrhosis
 - Hepatitis
- Gallbladder
- Pancreatitis

HIV/AIDS

- HIV Cachexia/wasting
- Weight gain secondary to medications
- Food/drug interactions

INBORN ERRORS OF METABOLISM

- Galactosemia
- PKU

MALNUTRITION

- Kwashiorkor
- Nutritional Marasmus
- Severe protein-energy malnutrition
- Malnutrition, NOS
- Nutrient deficiency

MUSCULOSKELETAL CONDITIONS

- Arthritis
- Gout
- Osteoarthritis
- Rheumatoid Arthritis
- Osteoporosis

NEUROLOGICAL CONDITIONS

- Epilepsy
- Huntington's disease
- Parkinson's disease

NUTRIENT DEFICIENCIES

- Anemia
- Suboptimal Vitamin/Mineral levels

OBSTETRICS

- Prenatal Nutrition
- Healthy Weight Gain
- Breastfeeding

ONCOLOGY

- Optimal nutrition for recovery
- Side effect management

PEDIATRICS

- Overweight/Obesity
- Underweight
- Selective Eating Issues

PULMONARY

- COPD
- Cystic Fibrosis

RENAL

- Kidney stones
- Kidney Disease
- Dialysis

THYROID DISORDERS

TRANSPLANT

- Bowel, heart, kidney, liver, lung, pancreas

UNINTENTIONAL WEIGHT LOSS

- Failure to thrive in adults
- Underweight; BMI < 18.5

WEIGHT MANAGEMENT

- Overweight/Obesity
- Bariatric surgery

WELLNESS/DISEASE PREVENTION

- Lifestyle approaches for healthy living across the lifespan

WOUND CARE

- Pressure ulcers