

# DIETITIAN CONSULTATION

*For people with kidney disease*

## LYN LLOYD

BHSc, NZRD

Specialist in nutrition for kidney stones and kidney disease with over 20 years experience

## APPOINTMENT

### CLINIC

🏠 Mercy Specialist Centre  
100 Mountain Road  
Epsom  
Auckland 1023

☎ (09) 630 1838

### TELEHEALTH

☎ (021) 0496446

✉ dietitians@xtra.co.nz

🌐 Zoom appointments available

*"Trust the wisdom, experience and guidance of a dietitian experienced in kidney disease to help you meet your health goals"*

## ABOUT

- Take control of your health by learning what you can about chronic kidney disease (CKD)
- When you have CKD, your kidneys are less able to remove waste effectively from your body or balance your fluids
- What you eat directly affects how your body feels and functions
- Find out how you can make nutrition and lifestyle changes that help you maintain or slow the progression of kidney disease and keep you feeling your best

## BENEFITS

A dietitian is trained in food and nutrition. They translate scientific nutrition information into practical advice to help you make the right decisions about what to eat and which foods are right for you now.

Eating well, staying active and feeling good about yourself - receive individual nutrition advice for your stage of kidney disease that meets your nutrition needs and fits in with your lifestyle. There is no "single diet plan for all"

## CONSULTATION

*Includes:*

- A comprehensive nutrition assessment of your usual food and fluid intake and assessment of your nutrition needs
- Individual nutrition advice and discussion of attainable goals to ensure they fit with your lifestyle. How to choose the right foods in the right amounts
- Information about healthy food choices for CKD, tips on shopping, meal options and eating out suggestions
- Support, motivation and encouragement
- Help through the confusing nutrition information and misinformation we are bombarded with

## PREPARATION

- Referral from a GP or nephrologist
- Recent renal laboratory results are essential
- Phone the clinic to make a face-to-face or Zoom appointment