



# Healthcare Toolkit for Medical Nutrition Therapy



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## Primary Care Physicians

- A1C 5.7% or greater
- 5% change or more in eGFR
- BMI 30 or greater or 19 and under
- 10% or more change in body weight in 3-6 month period
- eGFR below 80%
- Age 65 and older, living in a nursing home or admitted to a rehabilitation facility
- Dementia
- Anxiety or depression
- Broken arm or leg
- Patients receiving wound care
- Gastrointestinal disorder (acid reflux, gastritis, IBS, Crohn's, chronic pancreatitis)

## Cardiologists

- Post heart attack
- S/p heart catheter or bypass surgery
- Hyperlipidemia
- Post stroke or stroke history

## Nephrologists

- 5% change or more in eGFR
- Hyperlipidemia
- Chronic Gout
- Vitamin D deficiency
- 10% or more change in body weight
- Broken bone
- Pre and post transplant

## Oncologists

- All cancer diagnoses
- 10% or more change in body weight
- Post surgery

## Gynecologists

- New pregnancy over age 35
- Gestational diabetes
- Post pregnancy
- Post C-section
- Iron deficiency anemia

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