Dietetics Counselling Packages

Packages are designed for customers who suffer from medical problems which require continuous and gradual change to achieve stable condition and maintain good health with balanced diet.

Weight Management (5 sessions)
Customers who suffer from knee pain or weight causing difficulties on movement in daily life, or weight related health problems, may require a series of dietetic counselling for gradual weight balance. For instance, knee and back pain, sleep apnea, anorexia, infertility, hypertension and so forth.

Oncology Dietetics Counselling (3 sessions)
Customers who suffer from cancer and require nutrition support at pre & post operation stage, before starting chemotherapy or radiotherapy, and maintenance monitoring stage. Adequate nutrition is very important to ensure that their immune system are strong enough for further medical treatment.

Lithotripsy Dietetics Counselling (3 sessions)
Customers who suffer from crystal forming in the urology system. It is important to understand the components of their renal stone together with the sources of stone forming ingredients from daily eating habit, food choices, water intakes and/or medications. Proper food combination can reduce the possibility of forming renal stone and protect their urology system in long term.

Cardiac Dietetics Counselling (3 sessions)
Suitable for customers who join the cardiac physical check with high Framingham risk score, or post cardiac catheterization for long term maintenance treatment. Continuous blood lipids control and healthy heart eating habit help to reduce the work loading to their hearts.

Metabolic Syndrome Dietetics Counselling (5 sessions)
Customers who suffer from at least one of the five criteria included in metabolic syndrome need to start diet modification to regain health. Some studies have shown the prevalence of metabolic syndrome cases in USA to be an estimated 34% of the adult population and increases with age. Diet modification helps customers to gradually reduce the risk of cardiovascular disease.

Please be aware that all packages are not refundable. Customers who do not show up or do not inform dietitian to change the booked appointment 24 hours in advance, the appointment will be counted as cancelled without compensation.

Service Hours (By appointment only)
Monday - Friday 8:45am - 6:00pm
Saturday 8:45am - 1:00pm
Closed on Sunday and Public Holidays

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