



PRIVATE DIABETES DIETETIC SERVICES

Jo Beer BSc (Hons) BSc (WA) **Grad Dip Diet APD AN CDE**

DIETITIAN AND NUTRITIONIST
Credentialed Diabetes Educator

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Diabetes is a challenging problem for public health worldwide. It is a chronic disorder in which a person has high blood sugar, either because the body produces little or no insulin, or because cells do not respond adequately to the insulin that is produced.

Diabetes is associated with many complications which affect the feet, eyes, kidneys, and cardiovascular health. Nerve damage in the lower limbs affects around 13% of Australians with diabetes, diabetic retinopathy occurs in over 15% of Australians with diabetes, and diabetes is now the leading cause of end-stage kidney disease. In people with diabetes, cardiovascular disease (CVD) is the primary cause of death, with around 65% of all CVD deaths in Australia occurring in people with diabetes or pre-diabetes¹. As there is currently no cure for diabetes, the condition requires lifelong management.

Jo has been practicing dietetics for many years in both private practice and the clinical hospital setting. Specialising in both dietetics and diabetes Jo offers the latest evidence based guidelines to help her clients reduce risk of co morbidities and complications and optimise their health in both Type 1 and Type 2 diabetes. Jo is also an Accredited FlexIT provider which is a 2-day course (designed by Baker IDI diabetes and heart institute) specifically for those with Type 1 diabetes on multiple daily injections and pumps.

- Dietary management and weight loss strategies
- Diabetes health checks and targets
- Carbohydrate counting
- Understanding nutritional food panels
- Insulin adjustment principles for Type 1 Diabetes
- Hypoglycaemia, hyperglycaemia and sick day management

Jo has a Medicare provider number and can accept patients on a Chronic Disease Allied Health (Individual) Service under Medicare, as well as DVA members and can also offer rebates to patients with appropriate private health funds.

¹ *Diabetes: the silent pandemic and its impact on Australia* (2012). Edited by Associate Professor Jonathan Shaw, Associate Director, Baker IDI Heart and Diabetes Institute and Stephanie Tanamas, Epidemiologist, Baker IDI Heart and Diabetes Institute, with input from Diabetes Australia and Juvenile Diabetes Research Foundation (JDRF).



INITIAL CONSULTATIONS

allow 60 – 90 minutes

\$165

REVIEW CONSULTATIONS

allow 30 minutes

\$75