

# BRIEF SUPPLEMENT CONSULTATIONS

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(AVAILABLE WHILE YOU ARE WAITING or after your appointment-- 15 MINUTE MINI-CONSULTS WITH A NEW YORK STATE LICENSED DIETICIAN- NUTRITIONIST AT A MINI-COST. ASK A STAFF MEMBER IN THE RECEPTION AREA.)

The medical staff at Yaffe, Ruden believes that there is a primary role for diet and exercise in maintaining good health. There are also many legitimate reports, sometimes conflicting, on the **benefits of many supplements**.

Omega-3's, Vitamin D, Calcium, Probiotics, Multivitamins, Antioxidants, COQ10, Glucosamine, Vitamin C, and many others are frequently in the news. Some therapeutic supplements for allergies, joint pains, etc. are actually much cheaper than the copay for prescription medications that do similar things!

For over four years, we have tried to interpret this information through the [www.yafferuden.com](http://www.yafferuden.com) "supplement site", through the homepage link "**What does Dr. Yaffe take?**", and in brief office discussions. We have attempted to make those recommended supplements easily available by having them at the checkout.

**We realize that time constraints imposed by managed care have given us less time to discuss, explain and follow-up on our supplement recommendations, so on a trial basis we are excited to have the opportunity to have a board-certified nutritionist available for mini-supplement consultations in the waiting area.** A fifteen minute discussion is a lot more than we doctors can provide in regard to supplement advice as it pertains to weight loss, osteoporosis, anti-aging, and preventative approaches to breast and prostate cancer and heart, vascular, diabetes and Alzheimer's diseases.

**Insurance frequently pays for this type of consultation, and if so, we would not charge a second co-pay. If insurance doesn't cover, we will only charge \$30 for a 15 minute consultation.**

We can only arrange up to four of these per hour, so if you are interested, **tell any staff member in the reception area**, and they will attempt to connect you with the nutritionist while waiting, or immediately after your appointment.

## **Of course, full-fledged consultations and follow-ups are also available with the nutritionist in her own office!**

As has always been the case, you can just read the website and get what you want for yourself, your family members or your kids without input from the nutritionist by talking to the checkout staff, or to Bob at extension #297.

The MD's have spent time with the nutritionists, so they know how we think. We feel they can help us communicate our thoughts, and assist you in losing weight, treat certain conditions with supplements cheaply and effectively, and also attempt to prevent many common conditions.

Among the many potential categories for potential discussion:

- Weight loss
- Anti-aging
- Increasing energy
- Preventing Alzheimer's and improving concentration
- Preventing Diabetes
- Preventing heart coronary plaque
- Osteoporosis issues
- Digestive enzymes and issues
- Prostate cancer protection
- Breast cancer protection
- Fertility issues and neonatal care
- Preventing colds
- Sexual function

**So don't be shy!**