

What is Providence Health Care?

Providence Health Care is the largest Catholic health care organization in Canada.

We provide acute care, residential, rehabilitation and outpatient services at 14 sites in Vancouver, BC. Our facilities include St. Paul's Hospital, Mount Saint Joseph Hospital, Holy Family Hospital, Youville Residence, St. Vincent's: Langara, St. Vincent's Honoria Conway-Heather, St. Vincent's Brock Fahrni, Providence Crosstown Clinic and Community Dialysis Units.

Websites you may find useful if you want more information

Providence Health Care
www.providencehealthcare.org

Dietitians of Canada
www.dietitians.ca

College of Dietitians
www.collegeofdietitiansbc.org

HealthLinkBC
www.healthlinkbc.ca/dietitian/



This material has been reviewed and approved by patients, families and staff.



Registered Dietitians at Providence Health Care

What can we do for you?



www.providencehealthcare.org
Vancouver, BC

Registered Dietitians are your trusted experts.

All Dietitians have a Bachelor's degree in food and nutrition, and have completed an accredited internship.

Dietitians are registered by the College of Dietitians of BC, so you can be sure that you are getting safe and ethical advice.

"RD" is the legal designation for qualified Registered Dietitians in British Columbia.

How can a Providence Health Care (PHC) Dietitian help you?

Nutrition plays a key role in your health.

Registered Dietitians at PHC work in the following areas:

- Heart Disease
- Kidney Disease
- Diabetes
- Elder Care/Geriatrics
- Rehabilitation
- Cystic Fibrosis
- HIV and Urban Health
- Maternity
- Digestive Disorders
- Surgery
- Nutrition Support
- Intensive and Critical Care

- Eating Disorders
- Outpatient Nutrition Counselling
- Mental Health

We provide education and counseling on food, diet and nutrition. Our aim is to help you choose healthy foods that meet your needs and fit into YOUR lifestyle. We provide easy-to-understand nutrition information. Your nutrition questions can be answered here at Providence Health Care.

Here are just a few examples of when and how we can help you.

If you have problems with eating such as:

- loss of appetite
- nausea and vomiting
- diarrhea or constipation
- heartburn or indigestion
- losing weight
- problems with chewing or swallowing
- loss of taste and enjoyment of food

If you want tips on eating during recovery to help with things like these:

- improve strength and energy
- diet after surgery or injury
- prevent infections
- help with diet and medications
- assist in meal/snack planning
- instruct on your diet for home
- advise on nutrition supplements

We can help you eat well to stay healthy:

- achieve and maintain a healthy weight
- improve blood sugar control
- lower your risk of heart disease
- choose foods to lower your blood pressure
- eat to keep your bones strong
- understand your eating behaviours
- develop your own nutrition plan
- make healthy food choices

How do I contact a PHC Dietitian?

If you are an outpatient:

Please ask your family doctor to refer you to the Outpatient Dietitian.

If you are in the hospital:

Please let your nurse know that you would like to see the Dietitian.

For all other inquires:

Clinical Nutrition Assistant,
604-806-8141