

Facts our patients should know...

Irene Rapp is a native of Walla Walla, Washington. She earned her undergraduate degree from Washington State University and a Masters of Science in Health Education from Whitworth College in Spokane.



She is a Registered/Certified Dietitian with the American Dietetic Association and is certified in Washington State to provide Medical Nutrition Therapy. With over 30 years in the profession, Irene has the experience to identify and treat nutritional concerns on a confidential, personal level. She has also written her own cookbook “Healthy Cooking on the Run” and developed her own weight loss program, “Successfully Slim” which is offered here in Davenport. For information, call 725-7101 and leave message.

Insurance— Most insurances cover nutritional services if referred by a physician. Irene suggests calling your insurance provider in advance of an appointment for accurate coverage information. She is also a Medicare and Medicaid approved provider.

Making an Appointment — To schedule, call Lincoln Hospital. Allow one full hour for your initial visit and arrive 15 minutes prior to appointment to allow time for registration.

Without Insurance — Private pay is always honored and can be done without a physician referral. Those without insurance are urged to talk with us ahead of time about payment arrangements. We will be happy to set up a payment plan.

For more information about Irene or her services log on to www.lincolnhospital.org and click on **Services** then **Dietary Services**.

Want to lose weight? You can be...

SUCCESSFULLY SLIM!

This 12-week program, designed by our Registered Dietitian Irene Rapp, is offered three times annually through Lincoln Hospital. The program includes...



- Weekly local meetings led by Registered Dietitian
- Support & encouragement
- Individualized eating plans
- Accountability
- Recipes & creative meal planning
- Exercise ideas & Body Mass Index (BMI) tracker
- Portion Control
- Tools to help you with your daily weight loss goals
- Affordable — call for pricing!

For information, call Lincoln Hospital at (509) 725-7101 ext. 139 or log on to www.lincolnhospital.org.

Lincoln Hospital Dist. 3



YOUR GUIDE TO

Healthy Eating & Nutrition Therapy with Irene Rapp, Registered Dietitian



Neighbors For Life

(509) 725-7101

Specialized Medical Nutrition Therapy focused on the individual



At Lincoln Hospital, we're proud to offer professional, comprehensive nutritional care and weight loss solutions.

Registered Dietitian Irene Rapp not only oversees nutrition for our Acute and Long Term Care patients, but offers individual nutritional counseling to help manage chronic disease or improve health through weight management and healthy eating.

Our services include...

- Individualized dietary consultation
- Diabetic Counseling
- Weight Management Counseling
- Meal planning for disease management
- Diet therapy for cholesterol control and heart health
- Specialized nutrition for women including anti-aging strategies
- Sports Nutrition to enhance performance
- Successfully Slim Health & Weight Loss program

Most insurances cover nutritional counseling with a physician's referral.

It is all about you!

Need a prescription plan for your eating habits? Take control of your nutrition to look good and feel better. At your session, Irene takes the time to do a complete diet history and food intake assessment before helping you set goals and develop strategies for your personal nutrition needs.



You will leave your session with professional education materials and specific recommendations for management of your particular condition or disease. Irene can provide recipes, menus, cooking tips and smart shopping advice.

Controlling your Diabetes

Battling with diabetes? The key to controlling your blood sugars is personalized nutrition therapy. Learn to modify your eating habits to successfully avoid complications of this debilitating disease.

Irene focuses on managing carbohydrate intake, portion control and incorporating nutrient rich and high fiber foods in your diet. Meal and menu planning is a major focus of diabetic counseling.

For those needing more comprehensive understanding of insulin as it relates to diet, Irene discusses dosing, type and timing of insulin.



Weight loss solutions

Feel like your weight is getting out of control? The solution is habits, not diets.

Irene understands the struggles of controlling weight and helps each patient form a personalized nutrition plan to wage war against the waistline.

Her confidential services include calorie intake, behavior modification, dining out, cooking tips and shopping strategies. She also has several tips for dealing with or avoiding temptations and maintaining your goal weight. **Ask about her "Successfully Slim" weight loss program offered locally.**



Improving heart health

Do you know your cholesterol levels? Do you take medication to lower your cholesterol? Cardiovascular disease plagues an ever-increasing number of Americans.

You can successfully lower your risk of heart disease and stroke through diet modification. Irene takes a comprehensive diet history which guides the nutrition prescription. This includes recommending the type of fat and amounts, dining out, recipe modification, cooking tips, alternate product selection and shopping guides.

