




Qualifications & Memberships

-  **Bachelor of Science**, double major in Biochemistry and Microbiology, Melbourne University
-  **Honours in Nutrition** program, Deakin University
-  **Graduate Diploma of Dietetics**, Deakin University
-  **PhD in Nutrition**, Faculty Medicine, Monash University
-  **Member, Dietitians Association of Australia >20yrs**
-  **Accredited Member, Australian Traditional Medicines Society** (TGA no. 48951)
-  **Professional Member, Diabetes Australia Victoria**
-  **Professional Member, Coeliac Society Victoria**
-  **Referee of scientific papers** submitted to various medical journals e.g *Asia Pacific Journal of Clinical Nutrition* and *Journal of Complementary Medicine*




Professional Profile

-  **Over 20 years experience as a clinical dietitian**, working in hospital settings and in private practice at over 10 medical clinics during this period.
-  **University lecturer** in nutrition to medical students (Faculty of Medicine, Monash University) for 14 years
-  **Nutrition scientist/researcher** for over 20 years. Research on the diabetic diet (Honours) and PhD on over 1000 elderly people from 5 countries to determine how diet (especially mediterranean diet) and lifestyle affects health and longevity. Skin health and medicinal use of herbs/spices/foods was also studied. She holds an honorary position as a Research Fellow at Monash University: supervised 4 PhD students on elderly nutrition, skin health, wellness program, African food habits; 'reader' of nutrition/herbal research.
-  **Published over 35 nutrition research papers** (various topics) in peer reviewed medical journals
-  **Co-authored 10 chapters** to 2 University textbooks in Nutrition; **coauthored over 50 articles** for Victorian government website BetterHealth Channel; **coauthored 7 reports** for the Australian Government on lifestyle diseases and preventative medicine.
-  **Managing editor of medical nutrition journal** (4 yrs)
-  **Managing editor of an academic nutrition website** healthyeatingclub.org (has over a million hits/ month).
-  **Developed on-line nutrition and wellness** courses for medical students, for general public and for ongoing GP education (Primed/ In Touch).






Why see a dietitian?



-  **We are inundated with 'nutrition advice'** from the media, internet, books, well meaning friends/ relatives, health professionals, pharmacies, health food shops, gyms, weight loss centres. Therefore...
-  **Some people feel they don't need to see a dietitian** because they think they already 'know' what to eat for their condition. But ...
-  **There is a lot of misinformation** out there and nutrition research is constantly discovering new food/nutrient remedies and debunking old remedies for medical problems e.g yellow cheese has not been found to raise cholesterol.
-  **Dietitians spend a life time** staying up to date with the evidence and converting this into practical dietary advice and correcting misinformation.
-  **Dietitians have the training to assess your nutritional status** and determine how your diet is contributing to your health problems and then prescribe a tailored diet to help treat/manage your condition. They will also assess whether you need a **vitamin supplement** and choose the right one for you if you do need one. They also have an in depth knowledge of the **food industry** and suitable packaged foods for your health. And, better still....
-  **Dietitians are now on medicare** (conditions apply)

Why see Dr Kouris?




























-  **Dr Kouris is an experienced clinical dietitian** with a unique set of skills and knowledge due to her PhD in nutritional medicine from the Faculty of Medicine at Monash University and her academic/ongoing research exposure.
-  **Apart from checking your nutritional status and body composition** she will design programs to help you prevent disease, promote wellness or manage/treat your current conditions using the best available evidence from the nutrition/herbal scientific literature.
-  Due to her teaching/publishing background she compiled an invaluable **food shopping guide for her patients** to help them choose suitable packaged foods from the super-market for health preservation, wellness, diabetes and cholesterol. The website www.healthyeatingclub.org she manages will provide you with the latest in nutrition research & recipes.



Consultations include:



-  **Assessment of your nutritional status**
 -  **body composition assessment** *anthropometry/ electrical impedance to determine how much fat is around your intestines*
 -  **nutritional adequacy of your diet** using a combination of dietary history, clinical symptoms, nutritional biochemistry/blood tests; if your diet is lacking any nutrients, a combination of diet and supplements will be recommended to correct these
 -  **medications** - their effects on your nutritional status (e.g blocking absorption of nutrients)
 -  **supplements** - vitamins/herbs and interactions with your medications
-  **Preventative Medicine/Wellness** *Prescribed diet (and supplements if needed)*
 -  prediabetes(hyperinsulinaemia/hypoglycaemia)
 -  prehypertension/heart disease
 -  borderline elevated blood fats
 -  elevated abdominal/visceral fat and 'waist' loss
 -  osteoporosis/joints
 -  cancer, immune function
 -  PMT, thrush, depression, stress, insomnia
 -  chronic fatigue, fibromyalgia
 -  migraines, food intolerances/elimination diet
 -  hair, skin (acne/wrinkles/eczema), nails
 -  nutrient insufficiencies, anaemia, vegetarians
 -  healthy aging
-  **Nutritional Therapy of Medical Conditions** *Prescribed diet (and supplements if needed)*
 -  diabetes and polycystic ovaries
 -  high blood fats (cholesterol, triglycerides)
 -  fatty liver, thyroid, gout, gall/kidney stones
 -  gastrointestinal disorders (indigestion, gastritis, ulcers, gastroparesis, irritable bowel disease, crohns, colitis, coeliac, constipation/diarrhoea)
 -  kidney disease
 -  osteo/rheumatoid arthritis, osteoporosis
 -  malnutrition, cancer, eating disorders



Fees

Cash or cheque only (credit cards not accepted)

🍎 **\$0 Bulk Billing if on Enhanced Primary Care Plan** (via Medicare), up to 5 visits to a dietitian are allowed on this plan in a calendar year for eligible patients with chronic conditions (ask your doctor)
🍎 **\$50 per visit for private patients** (rebates by most private health insurance companies)

1st appointment:

Assessment of your nutritional status and Booklet for patients "Food Shopping Guide"(\$5)

Subsequent appointments:

- **written Prescribed Diet**
- **Body composition assessment** using the safe/pain free electrical impedance; this determines how much visceral fat you have around your intestines as this is linked to disease; large amounts of visceral fat can be found in both slim and over-weight patients; this is an optional test (extra charge of \$5)
- **monitoring your progress/body fat**
- **blood tests and supplements if necessary**
- **exercise prescription for 'waist' loss**



Dr Kouris has designed a stepping block "**STEP FIT**" to help patients lose detrimental fat from their abdomen by strengthening abdominal muscles and by building the largest muscle of the

body (thigh muscle); it supports weights over 100kg and assembles without nails. The stepping block is also good for seniors to improve balance and strengthen muscles/tendons (\$75 at wholesale price)

All appointments 30min - except

1) **45-60 minute appointments are available for private patients who wish to have both the nutritional assessment and diet prescription in the one appointment (\$75-\$100).**

2) **Long term follow-up 15 min \$25**



Locations



Please call any time to make an appointment at the following locations:

🍎 **Brighton: Dorevitch Pathology Centre, 28 Carpenter St**
T: 94837013 (answering service), **Tues** 9-4pm (fortnight)

🍎 **Ormond: Medical Clinic, 257 Tucker Rd,**
T: 94837013 (answering service), **Wed** 2-7pm (fortnight)

🍎 **Oakleigh: Medical Clinic, 110 Atherton Rd,**
T: 95690030, **Sat** 9-2pm (weekly)

🍎 **Clayton: Medical Clinic, 31 Dunstan St,**
T: 95445993, **Wed** 9-4pm (fortnight)

🍎 **Mulgrave: Medical Clinic, Waverley Gardens Shop.Centre, T:95746600** **Fri** 9-3pm (fortnight)

Please **FAX CARE PLANS** prior to appointments to:
Fax: 95154544

akouris@optusnet.com.au

www.healthyeatingclub.org

We appreciate 48 hours notice in the case of cancellation or a fee (\$20) will be charged for broken appointments

*"The greatest obstacle to discovery is not ignorance
- it is the illusion of knowledge"*
US Historian Daniel Boorstin

*"Genetics loads the gun, but
the environment pulls the trigger"*



Clinical Dietitian

Honorary Nutrition Research Fellow
Asia Pacific Health & Nutrition Centre
Monash Asia Institute, Monash University



Dr Antigone Kouris

PhD, APD, AN

BSc (Biochem)(Melb), Hons (Nutrition)(Deakin),
Grad Dip Diet (Deakin), PhD Med Nutrition (Monash)



Brighton 🍎 Ormond 🍎 Oakleigh 🍎 Clayton 🍎 Mulgrave