

## Helping Patients Set Healthy Goals

For Camille Xu, knowledge is power. As CPDMH's new Dietitian, she makes sure patients have the information they need to support a healthy lifestyle and to be well.

Her role includes disease prevention, supporting patients with acute and chronic illness, and helping ensure the best quality of life.

CPDMH has several programs to support our local communities - for both inpatients and outpatients. Camille works with the medical team to develop nutritional plans and help patients recover from acute illness. And she works with the Food Services team to plan healthy and balanced meals.

There are also outpatient clinics, including one-on-one diabetes education, a heart healthy teaching group, and a virtual telemedicine clinic that allows patient with diabetes to meet with a

specialist at The Ottawa Hospital - without travelling to the city.

Camille has been at CPDMH for less than a month, but says it already feels like home. "This is a lovely hospital. Everyone is friendly and helpful."

Camille graduated from McGill University and has worked in several hospitals, home care and with family health teams, most recently at Bruyère Continuing Care.

"At CPDMH, our patients are part of the care team. We start by setting mutual goals and then we develop a plan to achieve them. Each patient is unique," says Camille. "It's great that they can come to their local hospital for quality care."



### CAMILLE'S TOP 10 TIPS

top 10

- ◆ All food is good food in moderation!
- ◆ Colour your plate with rainbow foods.
- ◆ More than half of your body is water. Keep drinking lots of water.
- ◆ Be mindful. Recognize your hunger signs.
- ◆ Engage your child in cooking. Don't be afraid to make a mess.
- ◆ You *can* make healthier choices when eating out.
- ◆ Plan your meals and snacks in advance.
- ◆ Have at least one meatless day each week.
- ◆ Health Canada recommends daily Vitamin D supplement (400 IU) for people over 50.
- ◆ One small step today makes a big change in a lifetime!