

Meet Your Care Team

Registered Dietitians who are Certified Diabetes Care and Education Specialists (CDCES) empower you with health information so you can live your best life. Your RD CDE will work with your primary care physician, diabetes doctor (endocrinologist), heart doctor (cardiologist), foot doctor (podiatrist), and other members of your care team to support you in achieving your optimal health. This care is provided under one roof, to provide ease and convenience for you.



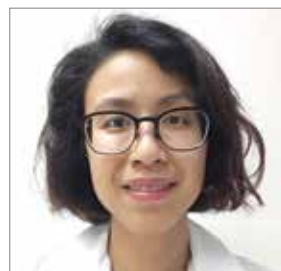
Jennifer Kartashevsky
RD, CDCES, CDN



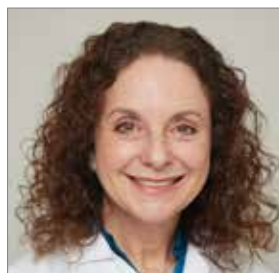
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Talk to your Mount Sinai physician about our Alliance for Healthy Living and Nutrition programs



Call 1-800-637-4624
to schedule an appointment
today with your
Mount Sinai doctor.



Alliance for Healthy Living and Nutrition

Your Journey to Health and Total Wellbeing



Mount Sinai supports our patients who are interested in learning about their health condition(s) and achieving their health and wellness related goals by providing a dedicated care team. When you enroll in any of our programs, you receive care from a team of physicians and nutritionists with expertise in diabetes, nutrition, weight management, heart health, and smoking cessation, all in one place.



Maria Rodriguez, RD,
Herbert Lempel, MD,
Michael Robbins, MD

You are not alone.



Alon Gitig, MD, Maria Maldonado, MD

The Alliance for Healthy Living Care Team is here to help you take control of your health and total well-being. You can enroll in any of these programs:

- Diabetes Alliance
- Weight Management Alliance
- Breathe Free Smoking Cessation Alliance
- Heart Health Alliance

How we can help you:

The Alliance for Health Living and Nutrition includes:

Personalized visits with a registered dietitian who specializes in working with individuals to establish nutrition and wellness related goals.

Individualized care and nutrition plan developed in accord with your medical team to assist you in achieving your health goals

Seamless collaboration amongst the medical team to support real-time resolution of your health needs

Follow-up personalized visits with your registered dietitian to achieve your optimal health for the long term

Group education and support

Web-based nutrition content, recipes and exercise videos



Deborah Rosenberg