

# Amy Rush

Accredited Practising Dietitian (APD)  
Credentialled Diabetes Educator (CDE)



Feel empowered and confident in your ability to manage your type 1 diabetes

## Developing an individualised approach to your diabetes management

As an experienced Dietitian and Diabetes Educator, Amy will work closely with you to understand your lifestyle, personal preferences, and health goals. Her patient-centred approach is at the heart of her practice, so every consultation is tailored to fit you. Amy has experience in paediatrics, sports nutrition, weight loss, and gastrointestinal conditions such as IBS and food intolerances. She has also completed the Dietitians Association of Australia (DAA) Paediatrics Nutrition course.

Meet with Amy and discuss:

- Insulin adjustment strategies
- Pump starts, upgrades and support
- Interpreting CGM and flash monitor graphs
- Practical nutrition and dietary advice
- Carb counting made easy
- Managing a lower carbohydrate approach
- Impact of glycaemic index, protein and fat
- Recipe ideas and packs

Self-referrals and endocrinologist referrals welcome. See your GP for a Chronic Disease Management plan to subsidise your appointments. As Amy is an Accredited Practising Dietitian (APD), your consultation may be covered by your private health fund.

	One Hour consult	30 Minute consult
Chronic Disease Management Plan (Medicare)	\$84.90	\$44.90
Full Fee Paying	\$140	\$100

Tailored to your lifestyle and preferences



DIABETES  
DETECTIVE



THERAPEUTIC  
CARBOHYDRATE  
MANAGEMENT



INSULIN  
PUMP STARTS



RECIPE PACKS

**Bookings** [bit.ly/DiabetesEducationAndDietetics](https://bit.ly/DiabetesEducationAndDietetics)  
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**TYPE 1 DIABETES  
FAMILY CENTRE**