

ARLENE N. SWANTKO, RD, LD  
NUTRITION TECHNIQUES, LLC  
700 GEIPE ROAD, SUITE 203  
CATONSVILLE, MARYLAND 21228  
410-302-2187

Dr. Andrew Averbach has recommended that you make an appointment for nutritional counseling regarding surgical weight loss. There are three locations where I can schedule appointments:

1. 700 Geipe Road, Catonsville, MD on Wednesdays, Thursdays ( 9 AM to 6 PM), or Fridays (9:00 AM to Noon).
2. 4785 Dorsey Hall Drive, Suite 111, Ellicott City, MD on Mondays (3 PM to 7 PM).
3. 9199 Reisterstown Road, Suite 203B, Owings Mills, MD on Tuesdays (3 PM to 7 PM).

The consultation fee is \$150.00. This fee includes:

- Initial one-hour consultation to review the nutritional requirements and post-operative eating restrictions and recommendations
- Handouts to use for reference
- A copy of my guide to nutrition after gastric bypass surgery, entitled, “What Can I Eat?” will be given to gastric bypass patients.
- Information on vitamin, mineral, and protein supplements, including purchasing information
- Follow-up appointments for 6 months after the surgery as needed, either by phone or in the office; the follow-up appointments should be scheduled, drop-in appointments can not be guaranteed.
- Review of food records, either at appointments or by e-mail or fax for 6 months
- Phone contact to have questions and concerns addressed before and after the surgery

I do not process insurance forms, so payment is expected at time of service. I accept cash, personal checks, MasterCard, or Visa. You will receive a copy of the invoice to submit to your insurance company. There is no guarantee that the nutrition consultation will be covered. I am an out-of-network provider for Blue Cross/Blue Shield. It may be helpful to get a referral from your primary care provider which states that you have to go out of network for nutrition services.

If you have any questions, or to schedule an appointment, please contact me directly at 410-302-2187 or [rswantko@comcast.net](mailto:rswantko@comcast.net).

I look forward to assisting and advising you throughout the process of having surgical weight loss. The nutritional changes you will be making are of utmost importance to your success with the procedure. My experience with the patients of Dr. Averbach has been positive and I look forward to sharing my knowledge with you.

Nutrition Techniques, LLC is a private nutrition consultation company.