



Natalie Bosnic – Accredited Practising Dietitian

Having grown up in Cairns I am very excited to be back home and working as a dietitian with Cairns West Medical Centre. I completed my studies at the University of Queensland having studied a bachelor of Exercise and Nutrition Science and a Master of Dietetic Studies. I have a particular interest in chronic disease management including Diabetes Mellitus, Obesity and Cardiovascular disease, as these conditions are largely influenced by the diet and lifestyle decisions we make.

What are the benefits of seeing an accredited practising dietitian?

A dietitian can help provide dietary and lifestyle management, called medical nutrition therapy, for a range of conditions such as chronic diseases including; Diabetes Mellitus, Obesity, Cardiovascular disease, gastrointestinal issues such as; Irritable Bowel Syndrome and Inflammatory Bowel Disease, sports nutrition and eating disorders. Fore mostly however, dietitians can help with practical everyday strategies to improve a person's health and they can assist with motivation to increase an individual's ability to develop and maintain a healthy lifestyle.