

YOU WANT TO MAKE A NUTRITIONAL VISIT IN THE VIRTUAL NUTRITIONAL CLINIC?

NUTRITIONAL VISIT MEMORANDUM

Cronos Diet assists patients around the world every day by offering nutritional health care and advice on its virtual platform. Prof. Giuseppe Castaldo and his team of nutritionists will take care of the patient following him with accuracy, attention and precision both during the visit and during the implementation of nutritional therapy.

How does the visit take place?

Once the patient has purchased the visit, he will fill in an anamnestic form and a nutritional evaluation form on the platform. In the medical history sheet in detail, following the relevant questionnaire and giving the necessary answer to each question, you will fill in the family history, the nutritional and lifestyle history and the food history in succession. Finally, he will report all his previous pathologies by carefully compiling the pathological anamnesis, so that Prof Castaldo and the nutritionist in charge can develop a nutritional therapy capable of addressing the various pathologies reported. Finally, the patient will scrupulously fill in the nutritional evaluation form, recording all the nutritional parameters, according to the indications provided by the IT platform. It is also important that the patient attach a series of diagnostic tests. These are laboratory tests, electrocardiograms, abdominal echo and possibly reports of specialist visits relating to pathologies referred to in the anamnesis. It will also transmit the complete and documented list of any medications or supplements taken at the time of the visit. Finally, after completing the informed consent and the authorization to process the data, the card will be sent to the nutritionist in charge and to prof Castaldo.

Prof Castaldo together with the appointed nutritionist will examine the anamnestic data reported by the patient, will evaluate the attached diagnostic tests and will compile the personalized nutritional plan, prescribing the diet and supplements necessary to implement the patient's state of health. This plan will be sent to the patient within 36 hours from the transmission of the

medical history card. Finally, the nutritionists will predict the duration of the prescribed dietary step and for its entire duration the patient will be followed and supported free of charge through instant messaging via the App with an expected response within 12 hours. Please note that this function will be deactivated at the end of the step in case of failure to purchase the control visit. For greater accuracy of nutritional diagnosis it is always advisable that all patients attach laboratory tests, electrocardiogram and abdominal ultrasound performed recently and in any case for no more than a year in case of apparent well-being, while in case of important pathologies it is advisable that the tests be practiced in conjunction with the purchase of the visit.

The priority laboratory exams for our nutrition program are divided into:

- **Baseline tests** that all patients should attach: urinalysis, glycemia, insulin, BUN, creatinine, GOT transaminase, GPT transaminase, gamma GT, total cholesterol, HDL cholesterol, LDL cholesterol, triglycerides, CBC, vitamin D.
- **Important additional tests** for patients with cardiovascular, renal or metabolic diseases: eGFR, Uricemia, C-Peptide, Glycated hemoglobin (only in case of diabetes), Albuminemia, Homocysteinemia, Sodemia, Potassemia, Calcemia, TSH, FT3, FT4, INR and any other tests that have been requested by the attending physician for an in-depth diagnostic study of the patient's pathologies.

A patient in apparent well-being who attaches dated examinations or does not attach them at all will still have to declare responsibly on the card that his examinations have always been normal, in order to be able to receive the nutritional program.

The electrocardiogram should be attached by all patients. The patient with cardiovascular pathologies must further attach the cardiological consultation and possibly other cardiovascular diagnostic tests carried out such as: echocardiogram, stress test, dynamic holter, blood pressure holter, TSA ultrasound doppler, etc., if these tests show altered values.

A patient in apparent well-being who attaches a dated ECG or does not attach it at all, will still have to declare responsibly on the card that his cardiovascular diagnostic tests have always been normal in order to be able to receive the nutritional program.

Abdominal ultrasound is another exam that all patients should attach. This examination must be compulsorily attached for patients suffering from medium-severe steatosis, gallbladder stones or kidney stones.

A patient in apparent well-being who attaches a dated ultrasound of the abdomen or does not attach it at all, will still have to declare responsibly on the card that his abdominal diagnostic tests have always been normal in order to be able to receive the nutritional program.

THE NUTRITIONAL VISITS THAT CAN BE PURCHASED ON THE PLATFORM ARE OF TWO TYPES:

A) **FIRST VISIT:** is the type of visit chosen by the patient who for the first time is visited by prof. Castaldo and his team of nutritionists. The patient fills in the first visit form and receives diet and supplementary therapy. The duration of the diet is also established, which in general will be 45 days.

This visit costs 490 lei (about 100 euros to be defined with the official exchange rate at the time of purchase of the visit)

B) **CHECK-UP VISIT:** the patient fills in the control card and updates his medical record with the current nutritional and symptomatological parameters. It will also attach new diagnostic tests that may be requested by the nutritionist. Generally the duration of this step is 30 days or multiples of 30.

This visit costs 390 lei (about 80 euros to be defined with the official exchange rate at the time of purchase of the visit)