

Career Spotlight: Sue Rose Cara Gorman

Sue Rose, a registered dietitian from Park Ridge, IL has thirty years experience working in nutrition. Her experience can be seen in her impressive resume, which includes being the past president of the North Suburban Dietetic Association. Even more impressive though is Rose's booming private practice business in which she uses medical nutrition therapy as well as metabolic assessment using SenseWear equipment to help individuals and corporations, including presentations to Subway and Weight Watchers International. However, Rose was not always set on nutrition as a career. She only became interested in nutrition after entering college as a pre-med major. She realized that she could influence patient's lives with nutrition as opposed to medicine, a process called medical nutrition therapy. Rose now uses this process in her own private practice in Park Ridge, IL. Unlike many future dietitians, Rose did not participate in the standard internship process. Instead, Rose obtained her RD status after receiving her master's degree from the University of Iowa. An RD then supervised her before passing the national exam. According to Rose she opened up her own practice because she is "a very self-directed person and wanted flexible employment. I enjoy nutritional counseling and wanted to set my own hours and draw on consulting opportunities that presented themselves." Rose does not believe opening up a private practice by any means the easiest way to use an RD status.

She offers this advice to any future RDs looking to open up their own practice:

- Set the correct pay scale.
- Be flexible, your schedule will constantly change due to cancellations.
- Network with physicians, they will often give you referrals.
- Take business and public speaking courses in college.

Rose also says to keep in mind that your schedule will not always be full. Since most insurance companies do not pay for nutrition services, most clients pay out of their own pockets. Rose comments, "Even if you are the best dietitian in the world, business can be very slow at times" However, she finds that once the client in the door they have a positive experience. This is seen on Rose's website mydietmatters.com, where previous clients have written testimonials about her practice. Doug P. comments, "Working with Sue Rose has been a life changing event. Through her vast knowledge of weight loss and nutrition, I have been able to lose weight and keep it off. Thanks to Sue's dedication, I'm learning more and more about nutrition which is helping not only myself, but also my family." There are numerous comments similar to Doug's, showing how influential Rose has been in her clients lives. Check out mydietmatters.com for more information regarding Sue Rose and her career as a private practice dietitian!