

Pediatric Weight Management

Our Providers

CARRIE WALLER, MD, MS, FAAP



Pediatrician

Dr. Waller is a board-certified pediatrician with a Masters of Science in Nutrition from the department of Nutrition Epidemiology at UNC. She uses motivational interviewing and targeted education to help patients achieve their individual health, nutrition, fitness and weight loss goals.

AMY W. HOWELL, MD, FAAP, CDCES, BC-ADM

Diabetologist

Dr. Howell is a diabetologist who specializes in caring for all types of diabetes in children, young adults and pregnancy. In addition to weight management, she offers comprehensive diabetes care using glucometers, continuous glucose monitoring and expertise with insulin pumps and pharmacological treatments.



ERIN TUCCI, MS, RD, LDN

Registered Dietitian/Nutritionist

Ms. Tucci is a registered dietitian/nutritionist, ACE certified group fitness instructor and personal trainer. She believes that health is the key to happiness and her goal is to help patients maximize their quality of life through integrative medical nutrition therapy and personalized lifestyle interventions.



KRISTEN SPRINGER DREYFUS, PHD

Medical Family Therapist

Dr. Dreyfus is a licensed medical family therapist who works with individuals and families on the relational aspect of patients with chronic diseases such as obesity and diabetes. She works with individuals, couples and families from a biopsychosocial-spiritual lens and provides behavioral interventions based on concerns.



Down East
DIABETOLOGY

www.DownEastDiabetology.com



Down East DIABETOLOGY

Pediatric Weight Management

At Down East Diabetology, we offer expertise in weight management and diabetes. Overweight and obese children, teens and young adults are eligible for treatment. We evaluate and monitor for obesity-related medical and psychological comorbidities. Our collaborative treatment goals focus on improvement of comorbidities, quality of life and self-image. We provide integrated care including medical nutrition therapy and medical family therapy experts working alongside our two physicians.



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