

White Plains, NY 10605
Email: carcinoid@carcinoid.org

Education 1963 Teachers College Stockholm , Sweden
B.S. Food and Nutrition

1981 Columbia University New York, NY
M.S. Nutrition and Public Health

Accreditations **Registered Dietitian (RD)** ADA#: 476906

Certified Dietitian-Nutritionist (CDN) N.Y.State Cert,#: 000523-1

Certified Diabetes Educator (CDE) Cert.#: 0862-0322

Work experience

1987-Present The Carcinoid Cancer Foundation, Inc.
New York,NY
Director of Development and Research Coordinator

1987-Present Private practice White Plains, NY
Nutrition consultant

1987-1989 Westchester Community College Valhalla, NY
Adjunct Professor

- Nutrition in Health and Disease -undergraduate course

1982-1987 St. Agnes Hospital, White Plains, NY
Department of Staff Development and Patient Education
Nutrition Education Coordinator

- Developed curriculum for Nutrition component of the following Patient Education Programs; Diabetes, Cardiac Rehabilitation, Pre-and Post-natal,Pre-and Post Op, .Weight control and Ostomy.
- Initiated and conducted individual nutrition counseling service for outpatient department.
- Developed protocol for dietary Management of Gestational Diabetes; >90% of clients following this regime were able to maintain tight BG control without Insulin.

- Coordinated two major medical symposiums for health professionals
- Coordinated Nutrition promotion displays for Hospital based Health Fairs; Cancer Prevention Fair, Health and Fitness Fair, Diabetes Screening and Health Fair and Cardiac Disease Prevention Fair.
- Field Experience Preceptor for; Graduate Nutrition Students, Columbia University, NY and Diet Technicians - Westchester Community College, Valhalla , NY
- Conducted in-service programs for staff and professional seminars.

1981-1982 Dairy Council of Metropolitan New York New York, NY
Nutritionist

- Westchester Area Nutritionist.. Assessed needs, planned and implemented Nutrition Education Programs for Health Professionals, Community Leaders and Educators. Selected, prepared and evaluated teaching aids.

1980-1981 Albert Einstein College of Medicine. Bronx , NY
Research Nutritionist

- As part of the Dietary intervention study of Hypertension (DISH) conducted individual and group counseling in sodium-potassium modification and weight control.

1964-1968 Roosevelt Hospital New York, NY
Clinical Dietitian

1963-1964 Swedish Consul General New York, NY
Conference Coordinator

Publications

- CONTROLLING DIABETES: Coshigano G., Falker M., Wignet. Diabetes Manual. Pub. St. Agnes Hospital. 1983
- WHAT'S A WOMAN TO EAT? The Woman's Letter. A newsletter for woman over 40 in Westchester. Sept. 1986

Professional Seminars and Community Programs

St. Agnes Hospital, White Plains NY:

- **Diabetes Update 1983 - "Type II Diabetes and Weight Control"** Symposium for Health Professionals.
- **Diabetes Update 1985 - " Advanced Concepts of Dietary Management "** Symposium for Health Professionals.
- **Living with Your Heart - " Feeding your Heart".** Five session lecture series on the issues of prevention for CHD for IBM employees.

Phelps Memorial Hospital, Tarrytown, NY;

- **"Key to living with Diabetes - Dietary Management"** Westchester

County Grant Sponsored Community Program.

White Plains Senior Center:

Community Nutrition Program for senior citizens. Lecture series ""Good Life Through Good Health"

- **Health and Nutrition for the Golden Age**
- **Nutrition and Disease**
- **Nutrition and the Food Dollar**
- **Nutrition Fads and Fallacies**
- **What Foods to store for a snowy/rainy day**

New Rochelle Hospital Medical Center, New Rochelle, NY

All day in-service program for the nursing staff.

- **Nutritional Aspects of Blood Glucose Control**

United Home for Aged Hebrews, New Rochelle, NY

All day seminar for nurses-dietitians.

- **Nutritional care of the Physically Handicapped**

American Heart Association, Westchester/Putnam Chapter, Portchester NY

Community Heart Club Lectures

- **Eat to Your Hearts Delight**
- **Adjusting your Diet Rx**
- **What's There left to Eat?**

American Diabetes Association Westchester Chapter, White Plains NY

"Living well with Diabetes" Family Symposium 1985 at the Westchester Community college, Valhalla

- **Diet**

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Westchester Community College, Valhalla, NY

Fall 84 - Spring 85. Eight Sessions

- **AHA-Culinary hearts Kitchen Course**

Westchester Dental Hygienist's Association, Inc. Historical Society, Scarsdale, NY

- **Nutrition and Health; Implications of Food Fads and Megavitamin/Mineral Supplements.**

Westchester-Rockland Newspaper, White Plains, NY

Employees Retirement Program

- **Nutrition and the Food Dollar**

WFAS

Guest on Merna Poppers- Wednesday Radio Show. Sept 1985

- **Nutrition and the Heart**

IBM, Armonk, NY

Five Session lecture series for employees.

- **Health and Nutrition**

New York Medical College, Valhalla, NY

Graduate Community Nutrition Education Class. MS and MPH Students

- **The Changing Face of Nutrition Education**

Workmans Circle & Infirmary, Bronx, NY

Ins-service programs for nursing and dietary staff

- **Nutritional management of Diabetes, Renal Disease and Nutritional Anemia in the Elderly**
- **Don't Serve Illness to your patients. Sanitary Food Habits.**

Professional memberships

American Dietetic Association
New York State Dietetic Association
Westchester/Rockland County Dietetic Association
Society For Nutrition Education
American Diabetes Association-Member Professional Section
American Association of Diabetes Educators

Languages

Swedish, English, French, German

Personal

(Not for use in publication)
Date of Birth May 16, 1937
American Citizen 1992
Private Pilot License 1988
Husband- Richard R.P. Warner MD Professor of Medicine.
The Mt Sinai School of Medicine, New York, NY
Medical Director. The Carcinoid Cancer Foundation, Inc

Six Children.