

Who is an endocrinologist? What does he do?

An endocrinologist is a specially trained doctor who diagnoses diseases that affect the hormone-producing glands in the body and treats complex diseases that affect many systems and structures in the body.

Endocrinologists complete their education in a total of 13 years: after 6 years of education in medical school, 4 years of internal medicine specialization and then 3 years of endocrinology upper specialization training.

Endocrinologists detect and treat hormone-related problems by helping to maintain the natural balance of hormones in your body. Diabetes, thyroid diseases, reproductive and menstrual cycle problems are the most common endocrine diseases. Issues they are interested in are:

- Diabetes
- Thyroid diseases (Hashimoto, nodules, thyroid cancers etc.)
- Insulin resistance
- Metabolism
- Hormonal imbalances
- Menopause
- Osteoporosis
- Hypertension
- Cholesterol (lipid) disorders
- Infertility and birth control
- Short stature
- Cancers of the glands