

## **Endocrine Diseases at a Glance**

### **Diabetes**

The high glucose levels in patients with diabetes can lead to problems that impair the quality and/or shorten life. These problems potentially include blindness, dialysis, amputation of leg, early stroke, heart attack and heart failure. The good thing is that blood sugar control prevents serious problems related to diabetes. Diabetes is treated with diet, pills, and injectable medications including insulin. Since the characteristics of each patient are different, the treatment is arranged individually and is usually followed up at 3-month intervals and re-organized.

### **Thyroid**

Patients with thyroid disorders often have problems with their energy levels. They also have problems with muscle strength, mood, weight control, and intolerance to hot or cold. In addition to treating thyroid hormone excess and deficiency, endocrinologists also deal with thyroid gland enlargements, thyroid gland cancers and inflammations.

### **Bone**

Osteomalacia (rickets; causes softening of bones) and osteoporosis are bone diseases that endocrinologists diagnose and treat. Osteoporosis is a disease that weakens your skeleton. Certain hormones are involved in maintaining your bone tissue. Loss and weakening of bones can be seen when sex hormones (estradiol for women, testosterone for men) fall or when hormones such as parathyroid hormone and cortisol are high. Menopause, loss of testicular function, and aging increase the risk of bone fractures.

### **Reproduction / Infertility**

Endocrine research has helped thousands of couples conceive. Endocrinologists recognize and treat hormone imbalances that can lead to infertility. Menopause complaints, menstrual irregularities, polycystic ovary disease and sexual desire/weakness are among the problems they treat.

### **Obesity and Overweight**

Obesity is an increase in the amount of fat in the body. Endocrinologists treat obesity and overweight due to metabolic and hormonal problems by detecting factors such as genetic disorders and insulin resistance associated with obesity. Excess body fat is a sign of obesity. Disorders of the thyroid, adrenal glands, ovary, and pituitary gland can cause obesity.

### **Pituitary Gland**

The pituitary gland is the main control center of hormones, it regulates the working rhythm of other glands through the hormones it secretes. The pituitary gland produces many vital

hormones. Over- or under-production of hormones causes infertility, menstrual irregularity, growth disorder (dwarfism or short stature), and Cushing's Syndrome (excessive cortisol production).

## **Growth**

Pediatric endocrinologists treat endocrine problems that cause short stature and other growth disorders. Adults with growth hormone deficiency may experience emotional and psychological stress and fatigue.

## **Hypertension**

Hypertension is high blood pressure and is a risk factor for heart disease. In 10% of patients with hypertension, the hormone aldosterone produced by the adrenal glands is very high. In about half of these cases, growths on the adrenal gland are surgically removed. Conditions such as metabolic syndrome or pheochromocytoma can also lead to hypertension. These conditions are also successfully treated.

## **Lipid (Fat) Disorders**

The increase in bad fats (eg LDL-cholesterol, triglyceride) leads to fatal diseases such as cardiovascular diseases, strokes, and pancreatitis. Hypertension is more common in those with lipid disorders, and the risk is much higher in they are together. Endocrinologists identify and treat conditions that may lead to lipid disorders in patients (such as hypothyroidism, drug use, polycystic ovary, metabolic syndrome, genetic or metabolic conditions). With regular treatment of lipid disorders, potentially fatal problems such as heart attack, stroke, and pancreatitis can be prevented.