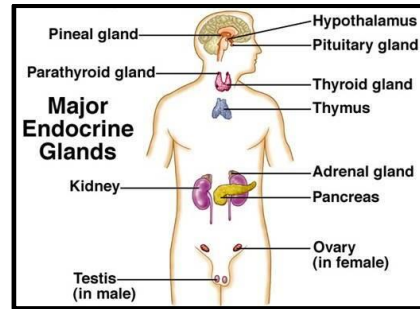


### who is an Endocrinologist ?

Endocrinologists are doctors who specialize in study of hormonal diseases like diabetes, thyroid disorders, obesity, growth disorders, etc



### What all disorders come under endocrine disorders?

1. Diabetes (type 1 diabetes, type 2 diabetes, Gestational diabetes)
2. Thyroid disorders
3. Obesity
4. Few Sexual disorders, erectile dysfunction, hypogonadism & reproductive endocrinology
5. Male infertility
6. Hirsutism (Excessive facial or body hair in females)
7. Polycystic ovary syndrome (PCOS) and other female endocrine disorders
8. Disorders of growth – Short Stature, Growth hormone deficiency & Growth hormone excess.
9. Delayed & premature puberty (delayed or early development of various secondary sexual characters in boys or girls).
10. Osteoporosis (low bone density)
11. Metabolic bone diseases - Vitamin D deficiency, Rickets, Osteomalacia, Hyperparathyroidism
12. Pituitary disorders - pituitary tumors, raised pituitary hormone levels (e.g. Prolactin, GH, etc.), deficiency of pituitary hormones, diabetes insipidus)
13. Adrenal disorders - Adrenal tumors, Cushing's syndrome, Pheochromocytoma, adrenal failure
14. Disorder of Sexual Development - Small penis, hidden testis, genital ambiguity, gynecomastia (development of breast tissue in males), Turner's syndrome, Klinefelter's syndrome.

### What is diabetes?

**Diabetes** is a chronic disease occurs when **pancreas** does not produce enough **insulin** or body cannot use insulin (insulin resistance) it produces, leading to raised blood sugar levels. **Insulin** is a hormone that regulates sugar in our body. Increased blood sugar level over time causes damage to blood vessels & nerves causing heart attack, stroke, **nerve problems**, **eye problems**, **foot and kidney problems**.

### What are the symptoms of diabetes -

♣ Frequent urination ♣ Increased thirst ♣ Sudden weight loss ♣ Increased hunger ♣ Always tired ♣ Wounds that won't heal ♣ Blurring of vision ♣ Sexual problems ♣ Vaginal infection ♣ Tingling or numbness in hands or feet

**Thyroid** is another important gland in the body situated in neck which produces thyroid hormones which are essential for the good health.

### What are Common disorders of thyroid gland –

1. Hypothyroidism (underactive thyroid gland)

2. Hyperthyroidism (overactive thyroid gland)
3. Goiter (enlargement of thyroid gland, visible as neck swelling)
4. Thyroid malignancy (cancer of thyroid gland)

Consult your doctor when have or suspect above mentioned problems and seek endocrinologist advise .

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