

unable to attain full height due to endocrine causes of short stature like growth hormone deficiency (GHD), hypothyroidism, Cushing's syndrome, pseudohypoparathyroidism. These causes can be treated effectively through medical measures. Growth hormone is very effective in treating short children with growth hormone deficiency and various other conditions.

Both early and delayed puberty cause a lot of anxiety and apprehension amongst parents. Proper evaluation and treatment requires the expertise of an endocrinologist.

Endocrine causes of hypertension like adrenal tumours (adenoma, carcinoma and pheochromocytoma) should be suspected in young patients with uncontrolled hypertension. These conditions are curable, if diagnosed early by appropriate investigations.

An endocrinologist will be able to give holistic care to all these disorders as he is specially trained in treating hormone related illnesses.



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Urology, Andrology &
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ENDOCRINOLOGY



Division of ENDOCRINOLOGY, DIABETES AND METABOLISM



A. J. Hospital & Research Centre

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Hormones influence our physical growth and are required for healthy functioning of the body. Hormonal imbalances, if not remedied, can badly impact our body functions and lead to undesirable abnormalities.

Endocrinology is a branch of medicine which deals with various hormonal disorders. An endocrinologist is a specialist trained in diagnosing, managing and treating such disorders with the help of a variety of professional tools and techniques. A. J. Hospital & Research Centre has a full fledged Department of Endocrinology, Diabetes and Metabolism with a team of highly qualified endocrinologists and technical personnel along with specialized equipment required for treating endocrinological disorders.

Diabetes Clinic

Diabetes is the most common endocrine disorder. Diabetic complications often adversely affect various other organs like heart, brain, kidneys, eyes, nerves and feet. Hence treatment provided for this disorder at our Diabetes Clinic is typically holistic in nature, whereby the endocrinologist addresses the patient's entire body system including monitoring of lifestyle and food habits. The objective of diabetes treatment is both to control the condition and to detect and arrest potential complications in the early stages.

Diabetes affects the body organs like Foot, Kidney, Heart and Eye



Podiatry Clinic

Foot is as important as heart for a diabetic patient. Both prevention and curative aspects of foot care are taken care by our podiatric surgeon, specially trained in this field. By giving specialised care we will be able to prevent many amputations.

Thyroid Disorders

The thyroid gland is a small butterfly-shaped gland located just below the Adam's apple. The thyroid produces hormones that affect the body's metabolism and energy level. Thyroid problems are among the most common medical conditions, but, because their symptoms often appear gradually, they are commonly misdiagnosed. The endocrinologist assesses the thyroid function status and advises the proper treatment necessary, which may occasionally include surgery too.



Obesity and Lipid Disorders

Obesity or overweight and lipid disorders are very common among Indians because of the changing lifestyle and eating habits. Obesity contributes to diabetes mellitus, heart disease, osteoarthritis and a host of other problems. Prevention and management of



obesity is an essential part of the care offered by an endocrinologist.

Polycystic Ovarian Syndrome and Hirsutism

Polycystic Ovarian Syndrome and Hirsutism affects 10-15% of young ladies of reproductive age. It usually presents with irregular periods, hair growth over the body and face and infertility. An endocrinologist is an expert in managing such conditions.



Infertility

Infertility affects approximately 5-10% of married couples. Many of the causes of infertility can be endocrine in nature, like thyroid disorders, PCOS, pituitary disorders and prolactinoma. These causes can be effectively treated with medicines at our Infertility Clinic.

Osteoporosis

Osteoporosis causes significant morbidity and mortality in the elderly population. Vertebral and femoral fractures lead to significant disability. Endocrinologists use both anabolic and antiresorptive therapies for preventing and treating osteoporosis.

Growth Related Problems in Children / Youth

Being tall is a common aspiration of the youth. Many people are

