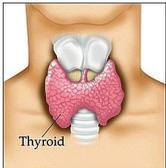


An endocrinologist is a doctor specially trained to diagnose and treat diseases affecting your glands. Glands are small organs that produce hormones, which are substances that help control various activities in your body. Endocrinologists treat hormone problems by helping to restore the normal balance of hormones in your system. At North Jersey Endocrine Consultants, we treat most types of glandular problems. However, the majority of our practice is devoted to the care of patients with thyroid disorders and diabetes.



### THE THYROID

The thyroid regulates energy, metabolism and a host of other bodily functions. The most common problems of the thyroid gland consist of an over-active gland, referred to as 'hyperthyroidism' and an under-active gland, referred to as 'hypothyroidism'. Our doctors have extensive experience with these conditions as well as in the diagnosis and management of thyroid nodules and thyroid cancer.

Your thyroid evaluation may include the following:



- History and physical examination
- Laboratory testing
- Thyroid ultrasound performed and interpreted *on site* by the doctor
- Ultrasound-guided needle biopsy performed *on site* by the doctor
- Referral to skilled thyroid surgeons and hospitals for additional treatment

### DIABETES

Diabetes mellitus is a group of diseases characterized by high blood glucose levels that results from defects in the body's ability to produce and/or use insulin. Our doctors are skilled at managing all three types of diabetes: type 1, type 2 and gestational (or pregnancy-related) diabetes. Since diabetes is one of the leading cause of blindness, kidney failure and leg amputations, and is highly associated with cardiovascular problems, the doctors at North Jersey Endocrine Consultants understand the importance of achieving and maintaining good blood sugar control. By combining lifestyle intervention strategies with various diabetes medications, our doctors help their patients to avoid these complications.



Being successful at managing diabetes requires teamwork. Doctors Rosenfeld, Mintz and Sharma all believe in teaming with their patients to maximize results. Aside from eating properly and exercising, our patients are trained to test sugars at home and be prepared to discuss them at each follow-up visit. With proper blood glucose testing, patients learn how to self-manage their diabetes in-between office visits.

### **OSTEOPOROSIS**

Osteoporosis is another common condition treated by the endocrinologists in our practice. This is a disease characterized by thinning and weakening of the bones leading to an increased risk of hip, vertebral and other fractures. There are several new therapies available for treating this condition, and our doctors can help you determine which option is best for you.

### **PARATHYROID DISEASES**

The parathyroid glands, although separate from the thyroid, are located near the thyroid gland in the neck. They regulate how much calcium is present in the bloodstream. Benign and rarely, malignant, tumors of the parathyroid(s) can lead to high calcium levels. In addition, deficiency of vitamin D can also cause dysfunction of the parathyroid glands. At North Jersey Endocrine Consultants, we can help you understand the particular parathyroid problem you have and coordinate the proper testing and treatment.

### **PITUITARY DISORDERS**

The pituitary gland, a pea-sized gland located behind the nose, is also known as the "master gland" because of its critical role in controlling many of the other important glands in the body. Our doctors have expertise in diagnosing and treating a wide range of pituitary problems. When patients require pituitary surgery, we have access to some of the leading pituitary surgeons in the country.

### **FERTILITY PROBLEMS**

Men and women often present to endocrinologists because of fertility concerns and we commonly are asked to evaluate women with irregular or absent menstrual periods, or men with low levels of testosterone. Many of these problems can be treated with various hormonal therapies. Occasionally, our doctors work in conjunction with local reproductive specialists to help patients achieve successful pregnancies.

### **ADRENAL DISEASES**

The adrenal glands are small, triangular-shaped glands located on top of each kidney. The adrenal glands make several complex hormones that are involved in regulating blood pressure, salt and water balance, blood sugars, sexual development, and in helping the body cope with stress. A variety of syndromes result from an imbalance in these adrenal hormones and are treated by our endocrinologists.

### **OTHER**

Neuroendocrine tumors, Paget's disease of the bone and nutritional/metabolic issues associated with bariatric surgery and chronic illness are also managed by our doctors.

