



CLINICAL SHEET

Endocrinology and Metabolic Diseases

Department

General Medicine

Specific treatment and services provided

- The Unit is involved in care, didactic, scientific and informative activity in the context of endocrine and metabolic disease. Care activity is devoted to early detection and treatment of diabetes, obesity, dyslipidemias (diseases with great diffusion and high social burden because of their serious and expensive complications for both patients and society), diseases of the thyroid and of the other endocrine glands (pituitary, parathyroid, adrenal glands, gonads).
- The Unit is considered a Center of Excellence in diabetes care and is a Regional Reference Center in the treatment of type 1 diabetes with insulin micropumps.
- Specific activities of excellence of the UOC are: phenotypic classification of type 2 diabetes at diagnosis, treatment of familial hypercholesterolemia with LDL apheresis, treatment of obesity, diagnosis and treatment of hyperandrogenism, diagnosis and treatment of thyroid cancers.
- In recent years the inpatient and outpatient care dedicated to diabetic foot has been implemented and progressively enhanced

Short description of diseases treated

Diseases treated are:

- diabetes mellitus in all its types (type 1 DM, type 2 DM, gestational diabetes, secondary diabetes)
- obesity, with a particular regard for pathological forms of obesity and forms that are eligible for bariatric surgery
- dyslipidemias (hypercholesterolemia, hypertriglyceridemia), with a particular regard for forms that present or are at a major risk for acute or chronic complications
- hyperuricemias and other metabolic disease
- pituitary diseases (hyperprolactinemia, acromegaly, diabetes insipidus, pituitary adenomas)
- thyroid diseases (hyperthyroidism, hypothyroidism, thyroiditis, thyroid cancers)
- parathyroid diseases (hyperparathyroidism, hypoparathyroidism) and other disfunctions of phospho-calcium metabolism
- adrenal diseases (hypercortisolism, hyperaldosteronism, pheochromocytoma, adrenal insufficiency, enzymatic deficiency in steroids synthesis)
- ovarian diseases (polycystic ovary syndrome, ovarian hyperandrogenism, cycle and fertility irregularities)
- testicular diseases (hypogonadism, erectile dysfunction).



Therapeutic approach

The Unit has 14 beds for ordinary hospital stay, 2 beds for day hospital and many specialistic outpatient clinics, both in Borgo Trento and in Borgo Roma hospitals. In day hospital services and outpatient clinics are provided specialist medical examinations, blood sampling, dynamic tests, laboratory examinations, psychological therapy and health education by dietitians, psychologists, podiatrists and nurses with experience on diabetes.

The care is largely based on a multidimensional and multidisciplinary approach, and provided with the collaboration of other specialists:

- nephrologists, ophthalmologists, cardiologists and neurologists for diagnosis and treatment of renal, ocular, cardiovascular and neurological complications of diabetes
- plastic surgeons, vascular surgeons, orthopedic surgeons, interventional radiologists and infectologists for diagnosis and treatment of diabetic foot
- gynecologists for diagnosis and treatment of gestational diabetes and pregnancy in diabetes and for gynaecological endocrinology
- surgeons for diagnosis and treatment of diabetes in pancreatopathies
- infectologists for diagnosis and treatment of metabolic diseases in patients with HIV infection
- nephrologists for treatment of familial hypercholesterolemia with LDL apheresis
- psychologists and surgeons for treatment of severe obesity
- neuroradiologists and neurosurgeons for diagnosis and treatment of hypothalamic-pituitary disorders
- lab technicians, radiologists, pathologists, nuclear physicians and surgeons for diagnosis and treatment of thyroid and parathyroid diseases
- radiologists, nuclear physicians and surgeons for diagnosis and treatment of adrenal and neuro-endocrine diseases

Annual cases

About 350-400 patients are treated annually in ordinary hospital stay. About 100-150 patients are treated annually in day hospital setting. About 35.000 specialist medical examinations (endocrine, diabetic, metabolic, nutritional, psychological, podiatric) are performed annually, in addition to about 1.000 vascular doppler ultrasound, 800 thyroid ultrasound, 200 tests for the study of autonomic cardiovascular function, 3.000 dressings for diabetic foot, 20.000 blood samples and 1.000 dynamic tests of laboratory.

Length of treatment and follow-up

All patients receive the specific follow-up of the disease they suffer, according to current guidelines. Most of them are followed continuously for months or years (diabetes, familial hypercholesterolemia, pathologic obesity, thyroid cancers, etc...)

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