

# Endocrinology Services



# Conditions we treat

## Diabetes Mellitus

Diabetes Mellitus (diabetes) is diagnosed when the body's blood glucose (sugar) level is high. This happens when the body is unable to produce enough insulin and/or there is resistance to insulin action.

Uncontrolled diabetes may lead to several health complications, such as heart attack, stroke, blindness, kidney failure, nerve damage and impotence in men, to name a few. People with diabetes are also prone to infections and blood vessel diseases that may lead to serious complications.

## The two types of diabetes

- **Type 1**

Patients with Type 1 Diabetes suffer from absolute lack of insulin, leading to high blood glucose levels in the body. It could be antibody-mediated. It is more often seen in young people.

- **Type 2**

Patients with Type 2 Diabetes demonstrate insulin resistance and/or deficiency. It is common in older adults who are overweight/obese.

Close monitoring of blood glucose levels with appropriate treatment can lower the risk of diabetes-related health complications.

We provide:

- Treatment and management of diabetes
- Diagnosis and screening for diabetes-related complication
- Counselling and education by a diabetes nurse educator and dietitian
- Diabetic foot treatment by a podiatrist



## Thyroid disorders

The thyroid is a small gland located in the neck that produces hormones to regulate one's metabolism. Hyperthyroidism (excessive thyroid hormone) and hypothyroidism (a lack of thyroid hormone) are examples of thyroid disorders. Other conditions include thyroid nodules and thyroid cancers.

We help patients manage benign and malignant thyroid conditions through:

- Ultrasound-guided fine needle aspirations of thyroid nodules
- Diagnosis and management of hypo and hyperthyroidism
- Treatment and management of thyroid cancer

## Obesity and other related disorders

Obesity is one of the fastest growing health concerns and puts an individual at high risk of medical, surgical, orthopaedic and psychological illnesses. Patients with morbid obesity have substantially shorter life expectancy due to complications arising from obesity. Studies show that a 5 to 10% reduction in body weight can lower one's risk of heart diseases, improve diabetes control, reduce blood pressure and lipid levels.

Our comprehensive multi-disciplinary programmes are designed to manage obesity and reduce patients' body weight by:

- Investigating the causes behind obesity e.g. hypothyroidism, Cushing's disease etc.
- Prescribing treatment in the form of medical (diet, exercise, behavioural modification, drugs) and surgical therapies (bariatric surgery).



## **We also provide diagnosis and management for the following conditions:**

### **Lipid disorders**

Lipid disorders are metabolic disorders associated with abnormal cholesterol and triglyceride levels.

Lipid abnormalities increase one's risk of vascular disease, heart attack and stroke. They are usually inherited or caused by one's diet.

### **Calcium and bone disorders**

Such conditions include osteoporosis, hypercalcaemia, hypocalcaemia, suspected cases of osteomalacia and Paget's disease.

### **Pituitary disorders**

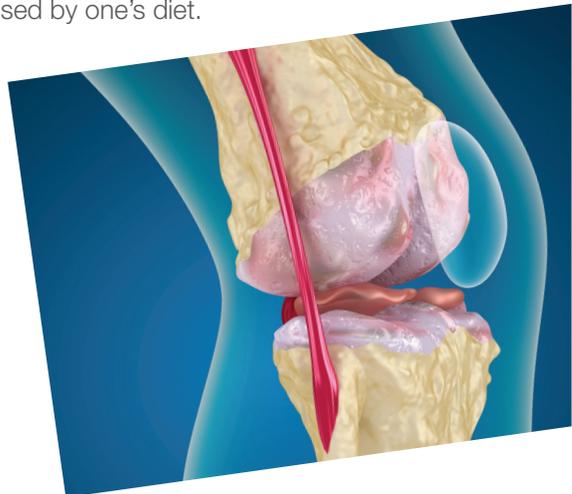
Pituitary disorders are caused by an excess or lack of hormones produced by the pituitary gland. They include hypopituitarism, pituitary tumours, Cushing's disease, acromegaly, prolactinomas and other pituitary conditions.

### **Adrenal disorders**

These are important glands found above the kidneys. The conditions include primary aldosteronism, pheochromocytoma, adrenal tumors, adrenal insufficiency, adrenal Cushing's, congenital adrenal hyperplasia, to name a few.

### **Endocrine hypertension**

Endocrine hypertension occurs when there is excessive hormone production to cause high blood pressure.



**Notes:**

## For more information

### Ng Teng Fong General Hospital and Jurong Community Hospital

1 Jurong East St 21, Singapore 609606

[www.ntfgh.com.sg](http://www.ntfgh.com.sg) | [www.jch.com.sg](http://www.jch.com.sg)

### Clinic opening hours

Monday – Friday: 8.30am – 5.30pm

Saturday: 8.30am – 12.30pm (Selected clinics only\*)

Dental Clinic: Monday – Thursday: 8.00am – 5.30pm, Friday: 8.00am – 5.00pm

\*Please refer to our websites for more details.

### General enquiries & appointments

General enquiries line: 6908 2222 (24-hr)

Fax: 6716 5500 | Email: [contactus@nuhs.edu.sg](mailto:contactus@nuhs.edu.sg)

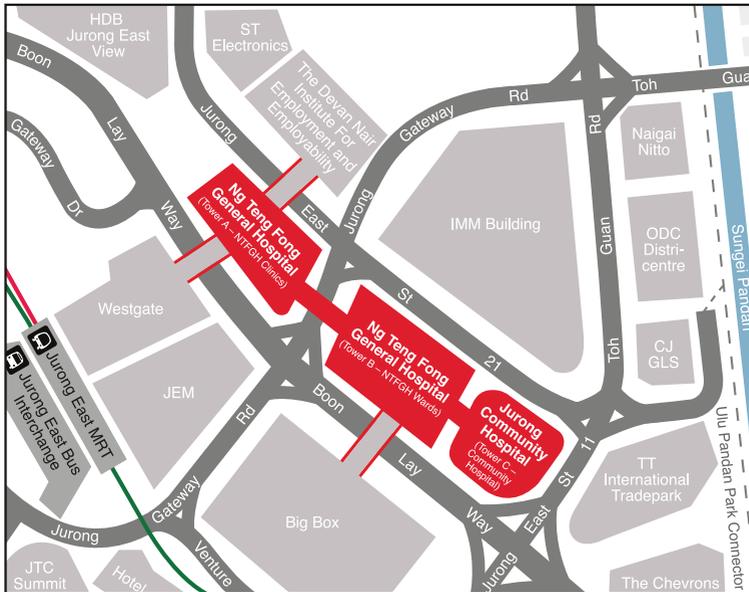
Appointment line: 6908 2222 (Monday – Friday: 8.00am – 5.30pm, Saturday: 8.00am – 12.30pm)

Fax: 6716 2200 | Email: [appointment@nuhs.edu.sg](mailto:appointment@nuhs.edu.sg)

Dental appointment line: 6716 2233 (Monday – Friday: 8.00am – 5.30pm)

Fax: 6716 2200 | Email: [JHCampus\\_Dental@nuhs.edu.sg](mailto:JHCampus_Dental@nuhs.edu.sg)

## Getting there



### By train

Alight at Jurong East MRT Station

### By bus

#### Jurong East Bus Interchange

41, 49, 51, 52, 66, 66B, 78, 78A, 79, 79A, 97, 97E, 98, 98M, 105, 143, 143M, 160, 160A, 160M, 183, 183B, 197, 333, 334, 335, 506

#### Along Boon Lay Way

49, 99, 333, Private bus service 625, 990

### Disclaimer:

The information in this brochure is meant for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment or if you have any questions related to your health, physical fitness or medical condition. Information is accurate at the time of printing.