

### If your BMI is:

- > below 18.5 – you're in the underweight range
- > between 18.5 and 24.9 – you're in the healthy weight range
- > between 25 and 29.9 – you're in the overweight range
- > between 30 and 39.9 – you're in the obese range

### How do I know whether my child is growing appropriately or not?

Measure the height of your child in centimetre and plot the height on the growth chart for Indian children (available online: [iapindia.org/Revised-IAP-Growth-Charts-2015.php](http://iapindia.org/Revised-IAP-Growth-Charts-2015.php)). If it falls below the lowest line, you should consult an expert as soon as possible as it indicates that the child needs to be monitored.

### What is the normal age for puberty onset?

Normal age for puberty onset is 8-13 years in girls and 9-14 years in boys.

### What are the complications of early puberty?

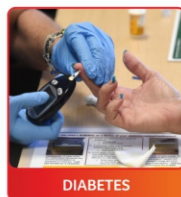
Early puberty can lead to decreased final height because of premature fusion of bones. In addition, it can lead to psychosocial issues for the child or parents.

### Can early/ late puberty be treated?

Hormonal treatments are available to stop the progression of puberty in cases with early puberty and to cause sexual maturation in those with delayed puberty.



## HORMONAL DISORDERS



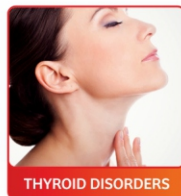
DIABETES



DIABETES IN CHILDREN



DIABETES IN PREGNANCY



THYROID DISORDERS



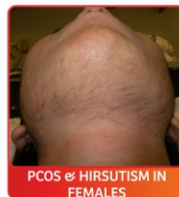
THYROID IN PREGNANCY



OBESITY IN CHILDREN



OBESITY IN ADULT



PCOS & HIRSUZISM IN FEMALES



GROWTH DISORDER IN CHILDREN



PUBERTY DISORDER IN CHILDREN



RICKETS IN CHILDREN



OSTEOPOROSIS



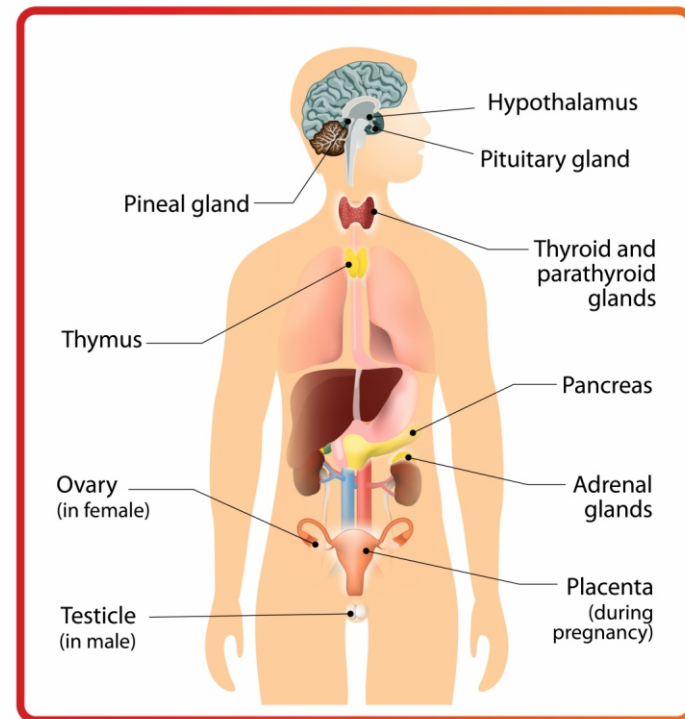
HIGH CHOLESTEROL & BLOOD PRESSURE DUE TO HORMONE DISORDERS



MENOPAUSE



CUSHING SYNDROME



# ENDOCRINOLOGY & DIABETOLOGY

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## What is Endocrine system?

The endocrine system is a system of glands (ductless) that secrete hormones that are directly released into the bloodstream to regulate body functions.

## What is Endocrinology?

The science related to hormones of endocrine glands (eg: thyroid, pituitary, parathyroid, pancreas, pineal, hypothalamus, thymus, adrenal, testis, ovary, etc.) and hormonal disorders is called "Endocrinology."

## What are the common endocrine (hormonal) disorders?

- Diabetes mellitus (type 1, type 2, diabetes in pregnancy, and other types)
- Thyroid disorders
- Polycystic ovarian syndrome/disease (PCOS/PCOD)
- Hirsutism (excessive unwanted hairs & heavy voice in females)
- Menstrual disorders
- Obesity
- High cholesterol and lipid abnormalities
- Growth disorders in children (short or tall child)
- Puberty disorders (delayed/early puberty)
- Sex hormone disorders
- Disorders of sexual development (DSD)
- Menopause
- Osteoporosis
- Pituitary disorders
- Adrenal disorders
- Parathyroid disorders (high or low calcium levels)
- High prolactin levels
- High blood pressure due to endocrine disorders
- Gland tumours

## What is diabetes and pre-diabetes?

Diabetes is a state with 'increased blood sugar levels', which can damage your kidney, eye, heart,

nerves, etc. Pre-diabetes means you are at a higher risk of developing diabetes.

## What are the symptoms of diabetes?

Patients with mild elevated sugars may not have any symptoms. Usual symptoms of diabetes are: increased frequency of urination, excessive thirst, increased/decreased appetite, weight loss, burning feet, and generalized weakness.

## What are the types of diabetes?

Type 1 diabetes, type 2 diabetes, diabetes in pregnancy and other types. Majority (90-95%) of the patients with diabetes have Type 2 diabetes.

## What is the difference between Type 1 and Type 2 diabetes?

In Type 1 diabetes insulin is always required for sugar control and stopping insulin can lead to death while in Type 2 diabetes, sugar levels in blood can be controlled with oral drugs for many years and insulin is required in a few patients only.

## What is 'thyroid in blood' and 'thyroid in neck'?

There is nothing like 'thyroid in blood' and 'thyroid in neck'. Everyone of us has thyroid gland in the neck, which secretes thyroid hormones named 'T3 and T4' under the effect of a hormone named 'TSH' (which is produced by pituitary gland in brain). These hormones have wide range of functions and affect every organ of the body. When the production of T3 and T4 is less than normal and TSH level is high, it is called hypothyroidism and when their production is higher than normal and TSH level is low, it is called hyperthyroidism.

## What are the symptoms of hypothyroidism?

Dry skin, fatigue, lethargy, mood fluctuations, menstrual abnormalities, constipation, weight

gain, increased sleepiness, excessive hairfall, etc.

## What are the symptoms of hyperthyroidism?

Excessive sweating, palpitation, weight loss, frequency of stool, irritability, restlessness, menstrual abnormalities, lack of sleep, etc.

## What is Polycystic ovarian syndrome/disease (PCOS/PCOD)?

PCOS/PCOD is a very common hormonal problem in females in which the male hormones (testosterone, androstenedione, DHEA) are increased. Ovaries become larger than normal and contain many small cysts (visible in sonography).

## What are the symptoms of PCOS/PCOD?

Symptoms of PCOS/PCOD are variable and may range from mild to very severe. The usual symptoms are:

- Excessive unwanted hair growth
- Irregular periods
- Weight gain
- Inability to get pregnant
- Acne (pimples)

## What is obesity?

Obesity is the disorder with excessive accumulation of body fat. It occurs because of imbalance between calorie intake and calorie usage. Eating foods with high calories (high fat/high carbohydrate) and lack of exercise/physical activity leads to obesity.

## How do I know if I am obese or overweight?

The body mass index (BMI) is calculated by dividing the weight (in kg) with the square of height (in meter). For most adults, an ideal BMI is in the 18.5 to 24.9 range. For children and young people aged 2 to 18, the BMI calculation takes into account age and gender as well as height and weight.