

Endocrinology

The Endocrinology Practice at Children's Hospital Central California is a full-service practice providing expert diagnosis and management of endocrine disorders in infants, children and adolescents. We bring a complete multidisciplinary approach to patient care with experts on staff in many fields who become part of your child's care team. In addition to our board certified pediatric endocrinologists, the practice is staffed with certified clinical educators, social workers, board certified clinical psychologists and registered dietitians.

Pediatric endocrinology is a specialty that typically deals with diabetes, variations in physical growth and sexual development and hormones produced by the various endocrine glands including the adrenal, hypothalamus and pituitary glands. A pediatric endocrinologist has completed a residency in pediatrics and an additional fellowship in pediatric endocrinology.

Conditions best treated by a pediatric endocrinologist include:

- Type I diabetes <10 years old
- Growth disorders
- Variations of puberty
- Adrenal, pituitary and thyroid problems

Endocrinology/Diabetes Exclusion Criteria:

- Obesity
- Diabetes >10 years old excluded
- Elevated triglycerides
- Dyslipidemia
- Abnormal lipid panel
- Acanthosis
- Metabolic syndrome
- Abnormal weight gain

Children's Access Center

24/7 access for referring physicians

(866) 353-KIDS (5437)

Outpatient Referral

Referral forms online at: www.childrenscentralcal.org/services/medicaloffice/refer

FAX: (559) 353-8888

Endocrinology Office Numbers

Main Number: (559) 353-8700

FAX: (559) 353-6612

Physician Line: (559) 353-6605

Physician Liaison: (559) 353-7229

Medical Staff:

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Children's
Hospital
Central California 

Amazing People. Incredible Care.

Pediatric Endocrinology Consultant Reference Guide

Condition	Pre-referral Workup	When to Refer
<u>Thyroid Disorders:</u>		
Congenital Hypothyroidism	<ul style="list-style-type: none"> - Do confirmatory T4 and TSH - Call endocrinologist on-call (559-353-6600) to determine thyroid replacement dose to begin immediately 	<ul style="list-style-type: none"> - Abnormal newborn screen - refer IMMEDIATELY - Call practice directly for URGENT referral
Acquired Hypothyroidism	<ul style="list-style-type: none"> - Thyroglobulin antibodies (Anti-Tg) recommended - Thyroid peroxidase antibodies (Anti-TPO) recommended <p>Note: Thyroid scan/US is not needed</p>	<ul style="list-style-type: none"> - Elevated TSH > 10mIU/ml, low total T4/free T4 - If TSH is abnormal but < 10mIU/ml and T4/free T4 are normal, obtain thyroid antibodies and repeat TFTs (Total T4 and TSH) in 2-3 months. If TSH is rising, submit referral.
Neonatal Hyperthyroidism	<ul style="list-style-type: none"> - Contact endocrinologist on-call (559-353-6600) 	<ul style="list-style-type: none"> - Elevated T4/Free T4 and suppressed TSH in a newborn - Call practice directly for URGENT referral <p>Note: Usually occurs in context of mother with Graves' disease</p>
Acquired Hyperthyroidism (Graves' disease)	<ul style="list-style-type: none"> - Contact endocrinologist on-call (559-353-6600) - Total T4/free T4 - T3, TSH 	<ul style="list-style-type: none"> - Elevated T4/free T4, suppressed TSH - If T4 markedly elevated, or child symptomatic, call practice directly for URGENT referral
Goiter	<ul style="list-style-type: none"> - Total T4/free T4, T3, TSH - Thyroglobulin antibodies (Anti-Tg) - Thyroid peroxidase antibodies (Anti-TPO) <p>Note: Thyroid scan/US is not needed unless goiter increasing in size or nodules palpated, then US recommended</p>	<ul style="list-style-type: none"> - Abnormal thyroid function tests - Palpable nodules or asymmetry - Goiter increasing in size and/or causing discomfort

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Short Stature	<ul style="list-style-type: none">- Bone age X-ray of left hand and wrist (bring film to visit)- Thyroid tests (total T4 and TSH)- Chem panel 18, ESR, CBC, UA- Celiac screen (anti-tissue transglutaminase IgA and IgG, IgA level)- Growth chart- Parental heights- IGF-1 (Insulin growth factor 1)- IGF-BP3 (Insulin growth factor binding protein 3) <p><u>Boys 13 years old or over:</u></p> <ul style="list-style-type: none">- LH by ICMA- FSH by ICMA <p><u>Girls 12 years old or over with delayed puberty:</u></p> <ul style="list-style-type: none">- LH by ICMA- FSH by ICMA- Ultrasensitive estradiol <p><u>Girls that are < 3rd percentile for height:</u></p> <ul style="list-style-type: none">- Karyotype (chromosome analysis to evaluate for Turner's syndrome)	<p>Children meet one or more of the following criteria:</p> <ul style="list-style-type: none">- Child's height falls below the 3rd percentile- Child's height is crossing down percentiles between age 3 and the start of puberty (declining growth velocity)- When a child is significantly shorter than expected for family- A child is growing poorly and is having headaches or vision changes- If predicted adult height of child falls below the FDA criteria of 4'11" for a girl or 5'4" for a boy
<p><u>Pubertal Disorders:</u></p> <p>Premature Thelarche in girls < age 8</p>	<ul style="list-style-type: none">- Obtain bone age (bring film to visit) and refer if advanced	<ul style="list-style-type: none">- Progressing over time- Accelerated growth- Vaginal bleeding- Café au lait spots on physical exam (possible McCune-Albright syndrome) <p>Note: A little breast development in girls 12-24 months of age is not uncommon and usually not of concern as it usually resolves or is non-progressive</p>

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Precocious Puberty	<ul style="list-style-type: none">- Growth data/charts are most essential- Obtain bone age (bring film to visit)- T4 and TSH <p><u>Girls:</u></p> <ul style="list-style-type: none">- LH by ICMA- FSH by ICMA- Ultrasensitive estradiol <p><u>Boys:</u></p> <ul style="list-style-type: none">- LH by ICMA- FSH by ICMA- Pediatric testosterone	<ul style="list-style-type: none">- Breast development or pubic hair in girls < 8 years old- Testicular enlargement (4 cc or > 2.5 cm) or pubic hair in boys < 9 years old
Delayed Puberty	<ul style="list-style-type: none">- Obtain bone age (bring film to visit)- Total T4 and TSH- LH by ICMA- FSH by ICMA <p><u>Girls:</u></p> <ul style="list-style-type: none">- Ultrasensitive estradiol <p><u>Boys:</u></p> <ul style="list-style-type: none">- Pediatric testosterone	
Diabetes Mellitus	<ul style="list-style-type: none">- Contact endocrinologist on-call (559-353-6600)	<ul style="list-style-type: none">- When diagnosis of Type I is being considered, call the on-call endocrinologist (559-353-6600). When child is being evaluated for diabetes because of symptoms (weight loss, polyuria, polydipsia or polyphagia), check blood glucose in office or have random glucose done at lab. If blood glucose is > 200, this is diagnostic of diabetes and patient should be referred to Children's Emergency Department to implement treatment and teaching.

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Insurance Plans*

Aetna EPO/HMO/PPO

AllCare IPA

Bakersfield Family Medical Center/ Heritage Physician Network

Blue Cross HMO/ Prudent Buyer PPO/ Healthy Families EPO

Blue Cross Medi-Cal/ Healthy Families HMO

Blue Shield HMO/ PPO/ Healthy Families

Capp Care (Beachstreet)

Catholic Healthcare West-Bakersfield

CCS – California Children's Services

Central California Alliance for Health

Central Valley Medical Group CVMG

Choice Care

Cigna/ Greatwest

Delano Regional Medical Group

EHS IPA (Blue Cross Managed Medi-Cal Patients/Healthy Families)

Emmanuel Employee Benefit Plan

First Health/ CCN

Foundation HealthCare Administrators/ California Foundation for Medical Care

GemCare IPA/ Managed Care Systems

Health Net HMO/ PPO/ Healthy Families/ Healthy Kids

Health Net Medi-Cal / CalViva

Health Plan San Joaquin Medi-Cal/ Healthy Families

Hill Physician Medical Group

Interplan

Kaiser HMO/ Healthy Families/ Medi-Cal

Kern Health Systems Medi-Cal/ Healthy Families

Key /Mosaic Medical Group IPA

LaSalle IPA (Blue Cross Managed Medi-Cal)

Medicare

MediCal – California State

MedCore Medical Group

Multiplan/ PHCS

Sante IPA

Sutter Gould Medical Foundation

Sutter Hospital System (Modesto Memorial, Memorial Los Banos, Sutter Tracy)

TriWest (Formally TRICARE/CHAMPUS)

United HealthCare /PacifiCare

Universal Care

* Contracted Status subject to change. If you have questions or to verify coverage please call 559.353.8800/888.824.5439