

CENTER FOR ENDOCRINOLOGY, DIABETES AND METABOLISM



One of the largest pediatric endocrine programs in the country, the Center for Endocrinology, Diabetes and Metabolism at Children's Hospital Los Angeles is renowned for its clinical care and leading-edge research in diabetes, obesity, growth, bone metabolism and adrenal disorders. The Center provides comprehensive, interdisciplinary care and psychosocial support to approximately 2,400 children with diabetes and nearly 7,000 patients with other endocrine disorders each year.

The Center is also a premier research and training enterprise. Its physician-scientists are involved in nationwide clinical studies and collaborative scientific investigations to advance the field and discover more effective therapies for patients.

The Center is pioneering new tools, treatments and lifestyle-changing clinical programs to improve the lives of children and adolescents with a variety of conditions, including:

- Type 1 diabetes
- Type 2 diabetes
- Obesity
- Growth disorders
- Thyroid disorders
- Pubertal issues
- Congenital adrenal hyperplasia
- Bone and mineral abnormalities
- Diabetes insipidus
- Hypopituitarism
- Turner, Klinefelter, Noonan and Prader-Willi syndromes

PROGRAMS AND CENTERS

Type 1 Diabetes Program

From initial diagnosis to ongoing management, the Type 1 Diabetes Program cares for youth of all ages with insulin-dependent diabetes. A multidisciplinary team of pediatric endocrinologists, nurse practitioners, nurses, dietitians, social workers and psychologists work together to support patients and their families in achieving and maintaining optimal health today and minimizing the risk of long-term complications.

Type 2 Diabetes Clinic

The Center is home to the first clinic in the nation dedicated solely to addressing the challenges faced by adolescents and young adults with Type 2 diabetes. The clinic empowers patients to manage their diabetes, while addressing weight management and the psychosocial, personal, familial and environmental aspects of good health.

Diabetes and Obesity Program

In collaboration with The Saban Research Institute of Children's Hospital Los Angeles, the Diabetes and Obesity Program serves more than 3,000 patients annually through clinical care, community outreach, research and clinical trials. Among the program's specialized services are Kids N Fitness®, a family-based support program that promotes a healthy lifestyle through nutrition and physical exercise, and TEEN POWER®, which offers educational and emotional support for children and families living with the demands of Type 1 diabetes.

Healthy Weight Clinic

Through the Healthy Weight Clinic, patients have access to certified obesity medicine specialists, a nurse practitioner, a registered dietitian and a clinic coordinator. The team provides behavior-change counseling, nutrition classes, pharmacotherapy and medical management of obesity related comorbidities like hypertension, obstructive sleep apnea, metabolic syndrome, polycystic ovarian syndrome and dyslipidemia.

Pediatric Metabolic Bone Program

The Pediatric Metabolic Bone Program is one of the largest referral centers of its kind in the nation. Since 2010, the program has treated approximately 450 patients with metabolic bone disease and mineral disorders, including rickets, osteoporosis, osteogenesis imperfecta, hypophosphatasia and skeletal dysplasia.

Congenital Adrenal Hyperplasia (CAH) Comprehensive Care Clinic

One of only seven CARES (Congenital Adrenal Hyperplasia Research, Education and Support) Foundation-designated Centers of Excellence in the U.S., the CAH Comprehensive Care Clinic specializes in caring for children with CAH, a genetic disorder that disrupts the body's ability to produce cortisol.

Thyroid Nodule and Cancer Clinic

The Thyroid Nodule and Cancer Clinic is the largest pediatric clinic of its kind on the West Coast, and one of the highest-volume programs in the nation. The clinic cares for children with various types of thyroid disease, including cancer. While most pediatric cases of thyroid cancer occur in adolescents, Children's Hospital has treated children as young as 5 years old.

ACCOLADES AND ACHIEVEMENTS

The Center for Endocrinology, Diabetes and Metabolism delivers comprehensive care for the full spectrum of endocrine and metabolic conditions. The center is consistently recognized among the top 10 pediatric diabetes and endocrinology programs in the nation by U.S. News & World Report.

- For years, researchers in the Center have been studying and proving the benefits of telehealth and shared medical appointments for teens and young adults with diabetes. The Center has become a recognized source for best practices in these innovative models of care.
- Over the last two decades, the Pediatric Endocrinology Fellowship has trained more than 30 fellows. The highly competitive three-year program gives fellows the opportunity to train in multidisciplinary clinics, learn through a didactic curriculum and conduct their own research.
- Children's Hospital Los Angeles is a leading member of TrialNet, a National Institutes of Health (NIH)-funded multicenter consortium that is investigating the natural history of Type 1 diabetes, as well as the use of immunological agents to prevent and potentially reverse the disease.
- Children's Hospital Los Angeles is part of the NIH multicenter TODAY2 trial investigating the long-term effects of various treatments for Type 2 diabetes in children and adolescents.
- The Center's Diabetes Self-Management Services team is recognized in the education category from the American Diabetes Association, indicating its ongoing alignment with the organization's national education standards for patients and families living with diabetes.

REFERRALS, ADMISSIONS AND TRANSPORT SERVICES

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