

Cook Children's Endocrine and Diabetes program

Adrenal disorders

The clinical recommendations listed below are not mandatory standards, and are not intended to be medical advice, but rather a set of recommendations for clinical evaluation and care. These recommendations are not a substitute for reasonable clinical judgment and decision making and do not exclude other options. Clinical care must be individualized to the specific needs of each patient and interventions must be tailored accordingly.

Disorder	Signs/symptoms	Suggested lab workup prior to referral	Comments
Adrenal insufficiency (Addison's disease)	Fatigue Unexplained vomiting Unexplained weight lost Generalized hyperpigmentation Syncope Hyponatremia Hypoglycemia	<ul style="list-style-type: none"> 8 a.m. cortisol or cortisol at time of "stress" (e.g., blood glucose < 50 mg/dL) Electrolytes Glucose ACTH 	Patients with suspected adrenal insufficiency may need urgent evaluation and treatment.
Glucocorticoid excess (Cushing's syndrome)	Slow growth Hypertension "Moon facies" Striae Truncal obesity	<ul style="list-style-type: none"> Electrolytes Glucose ACTH Fasting lipid profile 24-hour urine-free cortisol 	Consider use of oral or topical corticosteroids in children as a potential cause of Cushing's syndrome.



682-885-1940

To better serve our treating clinicians, we can assist you with:

- Non-emergent transfer requests
- Direct admissions
- Specialist consultations



COOK CHILDREN'S
ENDOCRINE AND DIABETES PROGRAM
1500 Cooper St. | Fort Worth, TX | 76104

682-885-7960

cookchildrens.org

Evaluation and referral guidelines

Tips for an effective visit:

- Inform the child and family about the reason for the referral and what to expect.
- Ensure all recommended evaluations have been completed prior to the child's scheduled endocrine appointment.
- Provide relevant insurance information (copy of insurance card if available), clinic notes, growth charts, laboratory test and other diagnostic test results.

Referral priority



EMERGENCY

Hospitalization anticipated/required

Cook Children's Emergency Department
682-885-4095

Teddy Bear Transport
1-800-KID-HURT

Notify endocrinologist on call
682-885-4000



URGENT

Outpatient visit needed within 1-5 days

Contact endocrinologist on call at 682-885-4000



ROUTINE

First available appointment

Fax request for referral to 682-885-1327



NOT SEEN

New patient referrals > 18 years of age

All referrals are seen as soon as scheduling and staffing permit. If there are concerns about a delay in a child's scheduled outpatient appointment, if the child's condition deteriorates or if other circumstances require the child to be evaluated sooner, please contact the endocrinologist on call.

Our staff



Paul Thornton, M.D., Medical Director

John Dallas, M.D.

Alejandro De La Torre, M.D.

Susan Hsieh, M.D.

Jill Radack, M.D.

Sani Roy, M.D.

Joel Steelman, M.D.

Larry Swanson, M.D.

Teena Thomas, M.D.

Michael Willcutts, M.D., Ph.D.

Don P. Wilson, M.D.

Teresa Newman, CPNP

Lisa Truong, CPNP



682-885-1940

To better serve our treating clinicians, we can assist you with:

- Non-emergent transfer requests
- Direct admissions
- Specialist consultations

CookChildren's

COOK CHILDREN'S
ENDOCRINE AND DIABETES PROGRAM
1500 Cooper St. | Fort Worth, TX | 76104

682-885-7960

cookchildrens.org