Problem Solving in Endocrinology and Metabolism

This book presents a comprehensive case load of patient disorders seen by the endocrinologist and general practitioner. Real problems experienced by all doctors in the field are discussed and current literature and guidelines have been reviewed to provide the latest best practice.

The authors have drawn on their clinical experience backed by wide critical reading in the primary literature to identify 46 problems that reflect the everyday reality of patients presenting to the clinician. Each case is summarized by several practical questions to stimulate the reader, followed by a clinical presentation. A detailed discussion follows of the potential causes and diagnostic pitfalls, as well as the therapeutic and lifestyle management options available, accompanied by algorithms and key references. Each of the major areas of endocrinology are covered: thyroid, adrenal gland, pituitary, reproduction, growth and development, calcium and bone, endocrine hypertension, water, electrolytes and glucose. The authors conclude with a section focusing specifically on therapeutic aspects.