



Welcome to Viewpoint Endocrinology

This brief introduction will explain how to recognize when to seek help for a possible endocrine dysfunction and how endocrinologists approach finding the answers.

Chapter 1: Why an Endocrinology Clinic?

Endocrinologists specialize in diagnosing and treating health problems related to dysfunction of hormone control systems, with emphasis on the notion of a "system." Endocrinologists investigate these systems, which include the endocrine glands, the hormones they produce, and the effects of hormones on target organs.

While a high or low value for a hormone may be the primary cause of illness, often it's the reverse.



Example:

In dietary calcium or vitamin D deficiency, parathyroid hormone (PTH) elevates predictably to compensate.

Endocrinologists must distinguish this normal elevation from parathyroid tumors or inherited disorders.

Low testosterone levels may stem from:

Testicular or pituitary disease

Obesity, iron overload

Drugs, toxins, hormones

Radiation, infections, or mutations

Endocrinologists must sort out the cause before recommending a treatment.



VPE Staff specialize in guiding patients through the diagnostic process and treatment plan.



Chapter 2: What Functions Do Endocrine Systems Influence?

Endocrine hormones impact many critical body functions. This includes:

- Energy and metabolism
- Blood glucose and lipid levels
- Cardiovascular risk
- Blood pressure and temperature
- Mood and well-being
- Sleep cycles
- Reproductive health
- Bone strength and growth
- Vitamin D and calcium balance
- Stress response and appetite
- Kidney stones
- Sodium and potassium levels
- Thyroid nodules and adrenal tumors



Chapter 3: Signs and Symptoms of Endocrine Dysfunction



Disclaimer: These symptoms can be caused by many conditions. A thorough workup is required.

If you experience the following regularly, an endocrine issue might be involved:

- Fatigue or low energy
- Unexplained weight gain or belly fat
- Difficulty losing weight
- Sleep issues
- Brain fog or poor focus
- Mood swings or depression
- Hair thinning or loss
- Headaches, vision issues
- Poor blood pressure control
- Unwanted hair (hirsutism)
- Excess urination or thirst
- Recurrent kidney stones
- Irregular menstruation
- Muscle cramps or twitching
- Fractures from bone weakness
- High or low blood sugar
- Heat/cold sensitivity
- Dry skin or excessive sweating
- Neck swelling or swallowing issues

Chapter 4: Common Conditions Treated by an Endocrinologist

At Viewpoint Endocrinology, we help patients manage a wide variety of hormone-related conditions:

- **Diabetes:** Type 1, Type 2, Gestational, Rare types
- **Thyroid disorders:** Hypo/Hyperthyroidism, Hashimoto's, Graves', postpartum thyroiditis
- **Thyroid cancer & nodules:** Ultrasound, guided biopsies
- **Osteoporosis & bone loss**
- **Parathyroid disorders:** High/low calcium, tumors, biopsies
- **Adrenal disorders:** Cushing's, Addison's, CAH, hormone testing
- **Pituitary disorders:** Tumors, prolactinomas, hormone imbalances
- **PCOS (Polycystic Ovary Syndrome)**
- **Testosterone deficiency**
- **Metabolic syndrome & weight management**
- **Vitamin D, calcium, magnesium issues**



Chapter 5: Questions to Ask Your Endocrinologist

Come prepared with questions like:

- What could be causing my symptoms?
- What do my test results show?
- What tests will be ordered?
- How reliable are those results?
- What are my treatment options?
- Will I need medication—and for how long?
- What side effects should I watch for?
- How often will I need follow-ups?
- What lifestyle changes can support my health?
- What if I don't treat it now?



Please provide any available medical records in advance.



Chapter 6: Evidence-Based Tips to Support Hormonal Health

Small changes can bring big results. Try these tips:

- **Sleep:** Aim for 7–9 hours
- **Manage stress:** Lower cortisol to avoid spikes in weight and blood sugar
- **Exercise:** Even 30 minutes daily helps
- **Balanced eating:** Protein, fats, and fiber. No one-size-fits-all
- **Limit processed foods:** Reduce sugar intake
- **Lab tests:** Monitor your levels regularly
- **Listen to your body:** Don't ignore persistent symptoms



Chapter 7: Frequently Asked Questions About Hormones

What are hormones?

Chemical messengers that regulate bodily functions by transmitting signals from one tissue to another.

How do hormones work?

They bind to specific receptors on target cells, increasing or decreasing the activity of those cells.

Where are hormones produced?

Primarily by glands like the pituitary, thyroid, parathyroid, and adrenals. Other sources include ovaries, testes, pancreas, liver, skin, heart, and gut.

Do hormones affect the whole body?

Some act locally, like luteinizing hormone; others, like thyroid hormone, affect nearly every cell in the body.

Final Thoughts from Dr. Kimmel

At Viewpoint, we are dedicated to educating and guiding patients with thoughtful care. Diagnosis and treatment of hormone disorders can be complex, but our structured process ensures you're not alone.



"We're here to listen, test, explain, teach, and help."

Thank you, **Dr. Robert Kimmel, MD**

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