

**DIVISION OF CLINICAL
& MOLECULAR
ENDOCRINOLOGY**





UH CASE MEDICAL CENTER

Among the nation’s leading academic medical centers, UH Case Medical Center is the primary affiliate of Case Western Reserve University School of Medicine.

With more than 1,000 registered beds, UH Case Medical Center provides primary, specialty and subspecialty medical and surgical care. Located in the heart of Cleveland’s University Circle on a beautiful 35-acre campus, UH Case Medical Center includes general medical, intensive care and surgical units as well as three major hospitals:

- UNIVERSITY HOSPITALS SEIDMAN CANCER CENTER
- UNIVERSITY HOSPITALS MACDONALD WOMEN’S HOSPITAL
- UNIVERSITY HOSPITALS RAINBOW BABIES & CHILDREN’S HOSPITAL

Our physicians and researchers – who also serve as faculty at Case Western Reserve University School of Medicine – are leaders in their respective fields, and their ongoing clinical research programs push the boundaries of medical progress.

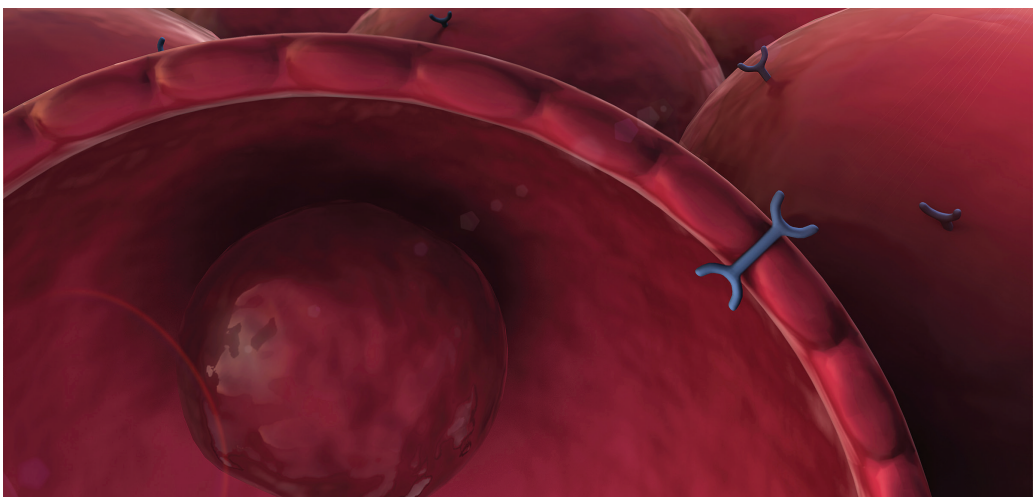
To learn more, visit UHhospitals.org

HARRINGTON DISCOVERY INSTITUTE

ACCELERATING BREAKTHROUGH DISCOVERIES INTO MEDICINES

The Harrington Discovery Institute at University Hospitals is the nonprofit arm of The Harrington Project for Discovery & Development, a national initiative supporting breakthrough research by physician-scientists. The Harrington Project is a new and powerful approach to address the challenges of advancing discoveries into medicines.

To learn more, visit HarringtonDiscovery.org



DIVISION OF CLINICAL & MOLECULAR ENDOCRINOLOGY

The UH Case Medical Center Division of Clinical & Molecular Endocrinology is a national destination for referring physicians and patients seeking the most advanced care and groundbreaking treatments for hormone-related diseases.



Baha M. Arafah, MD
Division Chief, Clinical & Molecular Endocrinology, UH Case Medical Center; Professor of Medicine, Case Western Reserve University School of Medicine

Visit UHhospitals.org/CME for the latest in live, webinar and on-demand Continuing Medical Education events.

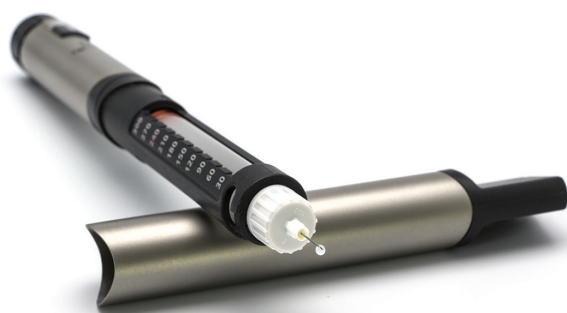
DIVISION OF CLINICAL & MOLECULAR ENDOCRINOLOGY

University Hospitals is acclaimed for its treatment of endocrine conditions in adults, adolescents and children through the Division of Clinical & Molecular Endocrinology at UH Case Medical Center and the Division of Pediatric Endocrinology, Diabetes & Metabolism at University Hospitals Rainbow Babies & Children's Hospital. The impact of the division's clinical research, conducted with Case Western Reserve University School of Medicine, and public policy activities have advanced endocrinology and benefited patients throughout the region and beyond. Division leaders bring a new patient-centric philosophy of care that considers each patient's health issues and social concerns. The highly specialized team can address nearly all conditions within the endocrinology scope.

The endocrinologists in the Division of Clinical & Molecular Endocrinology at UH Case Medical Center address complex endocrine disorders, including diabetes mellitus, and other diseases affecting the thyroid, bone, the pituitary and the adrenal glands, as well as sex hormones.

The division provides treatment through three specialized centers:

- The **Pituitary Center** combines the expertise of endocrinologists, neurosurgeons and neuro-ophthalmologists in the management of patients with hypothalamic or pituitary diseases.
- The **Thyroid Center** focuses on integrated management of patients with thyroid illnesses.
- The **Diabetes Inpatient Management Center** focuses on improved glycemic control for the entire inpatient population, especially those in the intensive care unit.



To contact the division, email us at
EndocrinologyInfo@UHhospitals.org.

Division of Pediatric Endocrinology, Diabetes & Metabolism

The Division of Pediatric Endocrinology, Diabetes & Metabolism at UH Rainbow Babies & Children's Hospital specializes in diabetes mellitus, cystic fibrosis-related diabetes, growth disorders, thyroid problems, metabolism, obesity, failure to thrive, pubertal disorders, disorders of sexual differentiation, calcium problems, hypoglycemia, nutritional disorders, and newborn screening abnormalities in children and adolescents.

The Center for Children's Diabetes, Activity & Nutrition at UH Rainbow Babies & Children's Hospital was created as a Center of Excellence through the Centers for Disease Control and Prevention.



IMPROVING OUTCOMES FOR DIABETIC PATIENTS

The **Division of Clinical & Molecular Endocrinology** at UH Case Medical Center introduced a new patient-centered health care delivery program for patients with diabetes mellitus that aims to improve disease outcomes and quality of care. In addition to controlling glycemia, the program incorporates other health-related issues such as smoking, aspirin use and weight management that can alter clinical outcomes. Beyond managing diabetes mellitus and its complications, physicians counsel and treat diabetes patients on related issues to improve the patient's whole health.

The **Center for Children's Diabetes, Activity & Nutrition** (CCDAN) at UH Rainbow Babies & Children's Hospital offers comprehensive, family-centered care for children with diabetes. The team at CCDAN, which includes endocrinologists certified in pediatric endocrinology, diabetes nurse educators, registered dietitians, exercise physiology and weight management specialists, psychologists and researchers, helps guide families toward the healthiest possible decisions.

The **Division of Pediatric Endocrinology, Diabetes & Metabolism** created the Healthy Kids, Healthy Weight™ community-education and weight-management program to address the issue of childhood obesity. Healthy Kids, Healthy Weight is a physician-supervised early intervention, weight loss and exercise program for kids and an important resource teaching at-risk families to make healthier choices. Its centerpiece is a 12-week outpatient multidisciplinary program during which specialists train children and families in how to practice healthier eating and exercise habits.

UH Case Medical Center's physicians, surgeons and scientists – all members of the faculty of Case Western Reserve University School of Medicine – are leaders in their respective fields, and their ongoing research programs are at the leading edge of medical progress. A strong emphasis on translational, or “bench-to-bedside,” research means that new and innovative treatments and technologies transfer more rapidly from the research laboratory to actual patient care.

Dr. Timothy Kern



Dr. Faramarz Ismail-Beigi



TOMORROW'S CURES TODAY.

Pediatric endocrinologists at UH Rainbow Babies & Children's Hospital are studying diabetes with roots in cystic fibrosis. About 30 percent of children with cystic fibrosis will develop an associated kind of diabetes, cystic fibrosis-related diabetes (CFRD). The division received an award from the Cystic Fibrosis Foundation to develop a special clinic to gather data and treat more children with CFRD.

Research led by **Timothy Kern, PhD**, Professor and Director of the Center for Diabetes Research at Case Western Reserve University School of Medicine, focuses on identifying how hyperglycemia causes retinopathy so that new, improved treatment may be devised to inhibit the loss of vision in people with diabetes. Two hyperglycemia-induced abnormalities of retinal metabolism presently are being investigated in Dr. Kern's lab at the School of Medicine: nonenzymatic attachment of hexose to proteins, lipids and nucleotides and activation of protein kinase C activity. Therapies that correct these metabolic abnormalities are being investigated to determine the relationship of retinal dysmetabolism to tissue function and the development of retinopathy and other forms of microvascular disease.

Faramarz Ismail-Beigi, MD, PhD, Clinical and Molecular Endocrinology, UH Case Medical Center; and Professor of Medicine, Biochemistry, Physiology and Biophysics, Case Western Reserve University School of Medicine, was a primary investigator of the Action to Control Cardiovascular Risk in Diabetes (ACCORD) trial, which found that intensively targeting blood sugar in adults with type 2 diabetes who are also at high risk for heart attack and stroke does not significantly reduce the risk of major cardiovascular events, but does increase risk of death compared with standard treatment. Building on these findings, the Action to Control Cardiovascular Risk in Diabetes Follow On (ACCORDION) clinical trial is an observational study of at least 8,000 participants of the ACCORD trial, which ended in 2009. ACCORDION is designed to further research the long-term effects of the ACCORD treatment strategies and the relationships among various cardiovascular and diabetic risk factors.

All National Institutes of Health (NIH) funding for basic and clinical research is awarded to the School of Medicine at Case Western Reserve University.

CLINICIANS AND SCIENTISTS

at UH Case Medical Center and
Case Western Reserve University School of Medicine



DIVISION OF CLINICAL AND MOLECULAR ENDOCRINOLOGY

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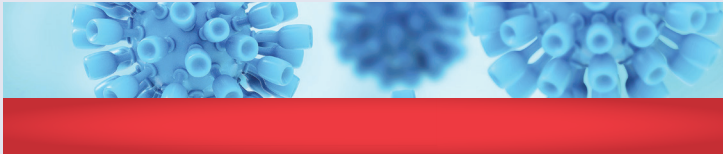
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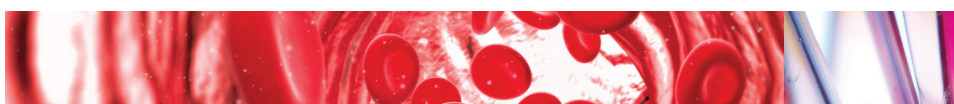
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To refer a patient or learn more about
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