

# The Diabetes and Endocrinology Centre

糖尿及內分泌科中心

May the God of hope fill you with all joy and peace as you trust in him,  
so that you may overflow with hope by the power of the Holy Spirit.

Romans 15:13, NIV

## Introduction

The Diabetes and Endocrinology Centre, in collaboration with other departments of the Hong Kong Baptist Hospital including departments of Pathology, Ophthalmology, Heart Centre, Dietetics and Podiatry Service, provides comprehensive service for patients with diabetes and endocrine diseases. The Centre is committed to offering holistic treatment and care to patients, in particular patient education, prevention and management of diseases and complications.

## Diabetes Mellitus (DM) (commonly referred to diabetes)

Diabetes Mellitus (DM) is a metabolic disease by which people cannot regulate the blood glucose (sugar) level. Either due to insufficient insulin production or insulin resistance, glucose cannot be consumed as energy source effectively, resulting in high blood glucose level and extra glucose will be excreted in urine. High blood glucose level may lead to acute or chronic complications.

**Acute Diabetic Complication:** High blood glucose with the presence of excessive ketone in the body is a feature of diabetic ketoacidosis. Patient may present with nausea and vomiting, marked dehydration, shortness of breath, abdominal pain and even coma. This can be a life threatening medical emergency.



**Chronic Diabetic Complications:** Persistent high blood glucose level may lead to vascular and nerve damages, which in turn affect organ functions as follow:

- **Retinopathy** - Diabetes is one of the leading causes, blindness may result if retinopathy gets worse
- **Kidney Disease** - Diabetes is one of the most common causes of renal failure
- **Heart Disease and Stroke** - Diabetic patients are more likely to have heart disease and stroke
- **Neuropathy and Peripheral Vascular Diseases** - Symptoms like painful tingling sensation in calf, numbness and ulcers are commonly found in diabetic patients. Ulcers may easily become infected. In serious case, amputation may be required
- **Erectile Dysfunction**

## Endocrine Diseases

Endocrine diseases refer to malfunctioning of endocrine system. Endocrine system comprises of a number of endocrine glands to control homeostasis and imbalance of which can lead to different medical illnesses. Our centre provides diagnostic test and management to patients with endocrine diseases such as:

- Thyroid disorder
- Pituitary disorder
- Adrenal disorder
- Metabolic syndrome
- Osteoporosis
- Polycystic ovarian syndrome (PCOS)



## DM Complication Screening Packages

Items	DM Complication Screening	DM Complication Screening with Cardiovascular Risk Assessment
<b>Health Examination &amp; Assessment</b>		
Physical Examination by Endocrinologist	✓	✓
Endocrinologist Consultation (2 visits)	✓	✓
Nurse Assessment	✓	✓
Dietitian Consultation	✓	✓
Investigation Report	✓	✓
<b>Screening for Eye Problem</b>		
Ophthalmologist Consultation	✓	✓
General Eye Examination by Ophthalmologist	✓	✓
Fundus Photography	✓	✓
<b>Screening for Foot Problem</b>		
General Foot Examination	✓	✓
Vibration Perception Threshold	✓	✓
10g Monofilament Test of Foot Sensation	✓	✓
<b>Cardiac Examinations</b>		
Electrocardiogram	✓	✓
Echocardiogram		✓
Treadmill Exercise Test		✓
<b>Laboratory Tests</b>		
Complete Blood Count	✓	✓
Renal Function Test	✓	✓
Liver Function Test	✓	✓
Lipid Profile Tests	✓	✓

Items	DM Complication Screening	DM Complication Screening with Cardiovascular Risk Assessment
<b>Laboratory Tests</b>		
Fasting Glucose	✓	✓
Haemoglobin A1c	✓	✓
Calcium	✓	✓
Inorganic Phosphates	✓	✓
Random Urine - Microalbumin/Creatinine Ratio	✓	✓

\* For referral case, please contact the staff for more information.

## Service Hours (By appointment only)

Monday to Friday 9:30am to 12:00pm, 3pm to 5:30pm  
Saturday 10:00am to 1:00pm  
Sunday and Public Holiday Closed

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