

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, Heart Centre, Dietetics and Ophthalmology, 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 and prevention of diseases and complications.

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

People with diabetes have problems regulating the amount of glucose (sugar) in their blood. This results from insufficient insulin production or malfunctioning of insulin. In this case, glucose cannot be converted into energy the body needs, resulting in an increased blood glucose level, with extra glucose excreted in urine.

Persistent high blood glucose levels may lead to vascular and nerve damages, which in turn affect organ functions. Diabetic patients have risks of developing one or more of the following complications:

- Retinopathy, Cataract, Glaucoma**
These conditions may lead to blindness. Diabetes is one of the leading causes of blindness, diabetic patients are 25 times more likely to lose their eyesight.
- Kidney Disease**
Diabetes is the most common cause of end-stage renal failure. Around 20% to 40% of diabetic patients will develop kidney disease.
- Heart Disease and Stroke**
Diabetic patients are 4 times more likely to have heart disease and stroke.

Nerve and Peripheral Vascular Diseases

These conditions may lead to serious foot ulcers that require an amputation. Diabetes is the most frequent cause of non-traumatic lower leg amputation.

Sexual Dysfunction

More than 10% of male diabetic patients suffer from sexual dysfunction.

How to prevent or delay the onset of complications of Diabetes?

It is very important for diabetic patients to keep their blood glucose levels within the normal target range to reduce their risks of developing complications. Health care professionals are able to detect problems well before the symptoms appear. Early detection and intervention are the best ways to prevent or delay complications.



Endocrine Diseases

There are many endocrine diseases related to the malfunctioning of the endocrine system. Common examples include hormonal disorders, diabetes, thyroid disorders, osteoporosis, side effects of excessive use of steroid, obesity and obesity-related metabolic syndrome.

Diabetes and Cardiovascular Risk Screening Programme

Items	DM Screening	DM Complication Screening	DM Complication Screening with Cardiovascular Risk Assessment
Health Examination & Assessment			
Physical Examination by Endocrinologist		✓	✓
Endocrinologist Consultation (2 visits)		✓	✓
Nurse Assessment		✓	✓
Dietitian Consultation (1 visit)		✓	✓
Investigation Report	✓	✓	✓
Screening for Eye Problem			
Ophthalmologist Consultation (1 visit)		✓	✓
General Eye Examination by Ophthalmologist		✓	✓
Fundus Photography		✓	✓
Screening for Foot Problem			
General Foot Examination		✓	✓
Vibration Perception Threshold		✓	✓
10g Monofilament Test of Foot Sensation		✓	✓
Cardiac Examinations			
Electrocardiogram		✓	✓
Echocardiogram			✓
Treadmill Exercise Test			✓
Laboratory Tests			
Complete Blood Count	✓	✓	✓
Renal Function Test (Including Sodium, Potassium, Urea, Serum Creatinine, Uric Acid)	✓	✓	✓
Liver Function Test (Including Alkaline Phosphatase, Alanine Aminotransferase, Aspartate Aminotransferase, Total Bilirubin, Total Protein, Albumin, Globulin, Albumin/Globulin Ratio)	✓	✓	✓
Lipid Profile Tests (Including Total Cholesterol, HDL Cholesterol, LDL Cholesterol, Triglycerides)	✓	✓	✓

Items	DM Screening	DM Complication Screening	DM Complication Screening with Cardiovascular Risk Assessment
Laboratory Tests			
Glucose (Fasting)		✓	✓
Haemoglobin A1C	✓	✓	✓
Oral Glucose Tolerance Test	✓		
Calcium		✓	✓
Inorganic Phosphates		✓	✓
Routine Urinalysis	✓		
Random Urine - Microalbumin/Creatinine Ratio		✓	✓

* Please contact our staff at 2339 5990 for the details if referred by other doctor.



Service Hours (By appointment only)

Monday to Friday 10:00am to 6:00pm
Saturday 10:00am to 1:00pm
Closed on Sunday and Public Holiday

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