

# ENDOCRINOLOGY REFERRALS

**205-638-9107**

The Endocrinologist  
on call is immediately  
available to families and  
health care providers

## ALWAYS CALL THE ENDOCRINOLOGIST ON CALL FOR:

- New onset diabetes
- Graves' disease
- Insulin refills - diabetes rescue clinic can provide refills

## COMMON REASONS FOR ENDOCRINOLOGY REFERRALS AND SOME TIPS TO HELP FACILITATE SCHEDULING:

### SHORT STATURE:

- Growth charts
- Height of parents
- Consider GI referral if BMI is <5th percentile

### THYROID:

- Check TSH and FT4
- Total T4 and free T3  
usually not clinically helpful

### PRECOCIOUS PUBERTY:

- Onset of puberty
- Growth charts
- Provide physical exam with  
Tanner Staging (breast, pubic  
hair, testes)

### NEWBORN SCREENING PROGRAM:

- Dr. Gail Mick and Sarah Sparks, CRNP  
run the newborn screening program  
for the state
- Call the on-call Endocrinologist at  
any time to discuss abnormal thyroid  
or CAH results

### OBESITY:

- If abnormal screening results:  
HbA1C, lipid profile (non-HDL >145 or  
fasting triglycerides >400)
- If PCOS
- Screening for comorbidities with labs
- Consider referral to Shine clinic if child  
is 10 or older with normal labs and no  
PCOS concerns