

## ASSAY

INAUGURAL ISSUE  
Fall 2021

NEWS FROM THE JOHNS HOPKINS

DIVISION OF ENDOCRINOLOGY, DIABETES, AND METABOLISM

[https://www.hopkinsmedicine.org/endocrinology\\_diabetes\\_metabolism/about-us/](https://www.hopkinsmedicine.org/endocrinology_diabetes_metabolism/about-us/)

**Rexford Ahima, MD, PhD**  
Division Director

## Message from the Director

Our mission is to (1) provide superb evidence-based care for patients with diabetes, obesity, diseases of Patients with diabetes, obesity, diseases of the thyroid, adrenal and pituitary glands, bone and metabolic disorders, and female and male reproductive disorders; (2) Foster innovative basic, clinical and transitional research to generate new knowledge, and improved treatment of endocrine diseases; (3) provide outstanding educational programs for students, fellows, clinicians, and the community. The division has attained regional, national, and international prominence due to the efforts of our faculty and staff, institutional support, and funding by the National Institutes of health, private organizations, and individual donors. I encourage you to explore our website to learn more about the clinical, research, and educational programs of the division.

## Clinical Research

The Johns Hopkins Division of Endocrinology, diabetes and metabolism ambulates the pursuit of biomedical discovery related to endocrine and metabolic disorders. Through our Clinical Trials Unit, we are able to bring the latest developments to our patients, as our highly trained and experienced staff provide resources and expertise needed to support our Investigators in achieving research goals.

## Basic Science Research

Basic research laboratories comprise of leading researchers from multiple fields and disciplines working together to better understand the impact of endocrine and metabolic function on health outcomes.



**Todd Brown, MD, PhD**

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*"My multidisciplinary research program leverages observational studies (such as the MACS WIHS Combined Cohort Study); and other clinical trials to better understand metabolic and endocrine problems in persons living with HIV, their causes, consequences, and optimal management."*

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**Todd Brown**  
Director, T-32 Clinical Research Training grant

## Affiliated Centers & Institutes

- John Hopkins - University of Maryland Diabetes Research Center
- University of Maryland - Hopkins Nutrition Center
- Welch Center for Prevention, Epidemiology and Clinical Research
- AHA Obesity Network
- Pituitary Center
- Thyroid Tumor Center
- Metabolic Bone Center
- Johns Hopkins Cystic Fibrosis Center
- Clinical Research Network
- Institute for Clinical & Translational Research

## Comprehensive Diabetes Center

The Johns Hopkins Comprehensive Center is committed to helping you or your loved one successfully manage diabetes using the latest information, treatments and technology available. While there is currently no cure for diabetes, it can be controlled allowing people to have full, productive lives. By integrating diet, oral medication or insulin, and patient education, the Diabetes Center works to achieve the best possible outcomes, helping people with diabetes live long and healthy lives.

Hopkins is a leader in serving people with diabetes.

Consistently ranked as one of the top diabetes and endocrinology programs in the country, John Hopkins has a history of success. Under the leadership of Director **Dr. Tom Donner**, a renowned caregiver and researcher in the intensive management of type 1 diabetes and prevention of diabetes complications, the Johns Hopkins Comprehensive Diabetes Center continues to reach new heights by building upon a long history of excellence.

## Inpatient Diabetes Management Service

The Johns Hopkins Inpatient Diabetes Management Service (IDMS) was implemented on July 1, 2003, as a pilot diabetes clinical consultation service to improve glucose control and reduce length of stay in people with diabetes undergoing cardiac surgery. During the first year of the program, the length of stay for people with diabetes undergoing cardiac surgery was reduced by 58 percent.

We subsequently expanded to other clinical services throughout the hospital. In January 2006, our clinical service became an integral component to a hospital-wide Glucose Control Task Force (GCTF) that was commissioned in response to a sentinel event related to hypoglycemia. Because of ongoing need for diabetes policy development, education and safety monitoring, the GCTF evolved into a standing Glucose Management Committee (GMC) in July 2008 and into the Glucose Steering Committee in July 2010. The service is presently under the supervision of **Dr. Sudipa Sarkar**, a committed researcher and clinician in the division.



**Thomas Donner, MD**



**Sudipa Sarkar, MD, MSCI**  
Director, IDMS

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*Johns Hopkins Hospital ranked number 4 in the world for endocrinology*

<https://www.newsweek.com/best-hospitals-2021>

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**Caitlin Nass, CRNP**

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*"The exciting news from the Diabetes Center is that we have been joined by five new diabetes educators raising the level of staffing and expertise"*

**Caitlin Nass, CRNP**  
Instructor in Medicine

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## In the era of Telemedicine

### Yes, the doctor is calling again!!!

Once a thing of the past, “house calls” have re-emerged as a key modality in the care of our patients in the era of Telemedicine.

With the advent of the pandemic and necessary restrictions placed on travel, distancing and contact. We have seamlessly adapted our practices to see the patient virtually at home without compromising care quality. Patient feedback has been positive, motivating additional changes to our clinical protocols, support staff and templates to ensure coordinated care efforts and optimal patient outcomes.



**Kendall Moseley, MD**  
Clinical Director

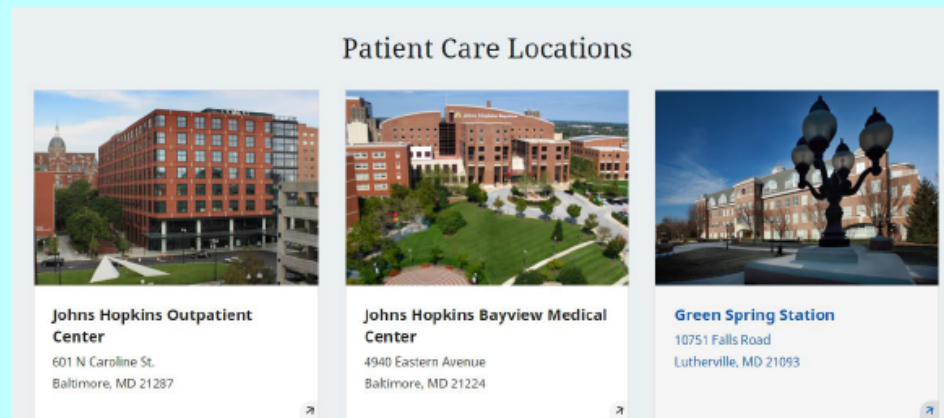
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*“The evolution of telemedicine in our Division and our ability to “see” patients from the comfort and safety of their own homes is one of the truly positive things to emerge from the pandemic.” - KENDALL MOSELEY, Director, Metabolic Bone Center*

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## Conditions We Treat

Diabetes and hypoglycaemia, lipid disorders, pituitary and adrenal conditions, metabolic bone disease, gonadal and menstrual problems, and thyroid diseases.



## Fellowship Training Program

For more than 40 years, the Endocrinology Fellowship Program has trained academic endocrinologists who plan careers as physician-scientists, clinical-investigators, or health service investigators. We have the faculty, facilities, and curriculum to provide fellows with both excellent clinical training and out standing research experience. The Division of Endocrinology, Diabetes & Metabolism provides **both** two and three-year fellowship opportunities. The Division holds a NIH-funded T-32 training grant.



**Aniket Sidhaye, MD**  
Fellowship Director

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*“During fellowship, I learned from world-leading experts and treated patients with a wide range of common and rare pathologies. The research training here is unparalleled and will serve as a launchpad for a successful physician-scientist career” - DAISY DUAN, MD Recently Trained Fellow*

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## Special Feature

### Klinefelter Syndrome Clinic

It is a comprehensive multidisciplinary health care system designed to care for boys and men with KS. Our medical specialists act as a team to provide the most up to date services to maintain the long-term health of men with KS.

The goals of the clinic are:

- To be the premier center for the clinical care of men with sex chromosomal disorders.
- To develop standardized testing procedures for this population.
- To develop treatment guidelines for men with sex chromosomal disorders.
- To expand the scientific knowledge on the diagnosis, pathophysiology and treatment of the syndrome.



**Adrian Dobs, MD, MHS**

For appointments:  
Hopkins USA Concierge  
Service: 855-695-4872  
Address: 1830 Monument  
Street, Suite 328,  
Baltimore, MD 21287

## Contact Information

**Endocrinology Central Scheduling**  
410-955-9270

The only number you need to refer any patient to any Johns Hopkins Endocrine service

**Endocrinology, Diabetes and Metabolism Division Website**

[https://www.hopkinsmedicine.org/endocrinology\\_diabetes\\_metabolism/](https://www.hopkinsmedicine.org/endocrinology_diabetes_metabolism/)

**Hopkins Access Line (HAL)**

Your 24/7 connection to John Hopkins full time faculty members in any subspecialty  
410-955-9444 or 800-765-5447

**Online Referral Directory**

Find a Johns Hopkins physician by name, specialty and more at [hopkinsmedicine.org/profiles](https://www.hopkinsmedicine.org/profiles).



**Roberto Salvatori, MD**

## Pituitary - Center of Excellence

Pituitary diseases are not common, and require complex and sophisticated procedures for both diagnosis and therapy. To maintain the highest standards of quality, the Pituitary Society recommends evaluation and treatment in Pituitary Centers of Excellence (PTCOEs) with expert clinical endocrinologists and neurosurgeons forming the core of such centers. The JH Pituitary Center is a PTCOE that sees several hundreds of new patients with a wide variety of pituitary disease every year.

**Roberto Salvatori, MD, Medical Director, Pituitary Center**



**Amir Hamrahian, MD**

## Adrenal - Center of Excellence

Adrenal Center was established in 2019 to boost patient care, education, and research in the region. The center offers experienced clinicians for hormonal evaluation of various adrenal disorders and skilled surgeons for laparoscopic and open adrenal surgeries and is involved in several clinical trials in Cushing's syndrome, adrenocortical carcinoma, congenital adrenal hyperplasia and primary aldosteronism.

**Amir Hamrahian, MD, Medical Director, Comprehensive Adrenal Center**