

Endocrinology Referral Guidelines

Thank you for requesting an Endocrinology consultation for your patient. The following sets of screening laboratory tests would assist us in evaluating the patient:

- HbA1c (if 6.5 to 7.5 please repeat the test to verify value)
- Fasting lipid profile
- Fasting glucose (100-125 mg/dL, 2-hr Oral Glucose Tolerance Test)
- TSH and free T4
- BUN and creatinine
- ALT, AST and GGT
- If you suspect polycystic ovary syndrome (PCOS) in an obese adolescent female (a history of hirsutism and/or menstrual irregularities), please also obtain serum levels of free testosterone, total testosterone, SHBG, 17-OH progesterone, LH and FSH.

These test results help determine the most appropriate clinic for referral.

Key Screening Test Results	Referral
2 hour oral glucose tolerance - glucose 140-199 mg/dl Cholesterol > 250 mg/dl Triglycerides > 300 mg/dl Free testosterone > 6.0 pg/ml (females) Crossing BMI percentile before age 13 years Oligomenorrhea or secondary amenorrhea	Endocrinology Clinic (901) 287-7337
2 fasting blood glucose > 125 mg/dl 1 random blood glucose > 200mg/dl 2 hours oral glucose tolerance test > 200 mg/dl HbA1c \geq 6.5%	Endocrinology Diabetes Clinic (901) 287-7337
Fasting glucose \leq 100 mg/dl Cholesterol 170-250 Triglycerides 125-300 HbA1c <6.5 BMI % of \geq 95% or \geq 85% with a comorbidity	Healthy Lifestyle Clinic (901) 287-7737 • Fax (901) 266-6487 Multidisciplinary 95% or >

Thank you for your assistance in obtaining these screening tests.

Moderate to morbid obesity, as defined by body mass index (BMI) value 30 kg/m² or higher, constitutes a high-risk population for the development of many comorbidities of obesity. The endocrine division does not have a specific weight reduction program. Please consider referring your patient to the Healthy Lifestyle Clinic for associated health complications of weight management. Contact us at (901) 287-7337 if you have any questions or concerns.

Sincerely,

Ramin Alemzadeh, MD
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