

## Clinical services

For more than 25 years, pediatric endocrinology at Park Nicollet Clinic—St. Louis Park has provided patients with tools to assist their diabetes and endocrine diagnoses, including:

- diabetes instruction from certified educators
- growth hormone evaluation, testing and treatment
- endocrine services for thyroid abnormalities, advanced or delayed sexual development, adrenal and pituitary disorders
- metabolic syndrome service
- insulin pump therapy program
- health psychologists
- support groups for children with diabetes

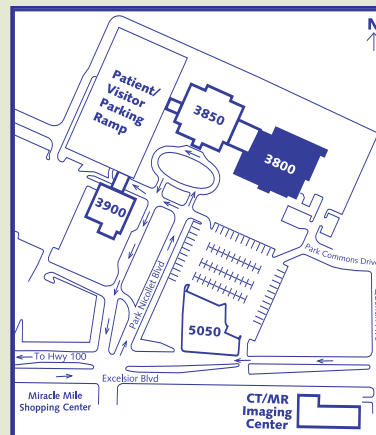
## Support network

Pediatric endocrinology offers an extensive support network to ensure your urgent questions are answered.

- Nurse telephone support is available at **952-993-3900**, 8:30 a.m. to 5 p.m., central standard time (CST), Monday through Friday.
- A 24-hour diabetes team is available at **952-993-3123**. This on-call team (including pediatric endocrinologists) can prevent unnecessary hospitalizations for children with diabetes.
- Pediatric endocrinology staff primarily sees patients at Methodist Hospital in St. Louis Park, Minn. Our doctors also are on staff at Children's Hospitals and Gillette Children's, and are affiliated with University of Minnesota. Our staff also supports three Minnesota communities: Willmar, St. Cloud and Virginia.



## Directions



## Insurance

Park Nicollet accepts most insurance plans, including HealthPartners, Patient Choice, Blue Cross and Blue Shield, Medica Choice, Medica Elect, Medica SelectCare, Araz and PreferredOne.

Call our business office at 952-993-7672 to find out what other plans are accepted. Some services may require a referral. For questions about your insurance coverage, please call your insurance plan directly. The telephone number should be listed on the back of your insurance card.



**Pediatric Endocrinology**  
Park Nicollet Clinic—St. Louis Park  
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952-993-3900

*This isn't just about health care.  
This is about you.*

# Pediatric Endocrinology

*Helping children, adolescents and families live well with diabetes and other endocrine diagnoses*

**Pediatric Endocrinology**  
Park Nicollet Clinic—St. Louis Park





**Pediatric endocrinology at Park Nicollet Clinic—St. Louis Park can answer your questions about diabetes, endocrinology and more. Our experts in pediatric endocrinology including board-certified pediatric endocrinologists, nurses, a nurse practitioner, dietitians and health psychologists - work closely to provide the best possible care, education and research. Children, adolescents and their families benefit from a diverse variety of educational and clinical services to help them live well.**

## Endocrine disorders

While diabetes is the most well-known disorder relating to the endocrine system, it is not the only one. Endocrinology also includes studying and treating disorders of the reproductive glands (ovaries and testes), thyroid, parathyroid, and adrenal and pituitary glands.

**Metabolic syndrome** consists of many weight-related health problems that can lead to heart disease and diabetes. Inactive lifestyles and unhealthy eating patterns have contributed to the recent increase in overweight children. Pediatric endocrinology offers four- to six-month programs to help children and families establish healthy eating and lifestyle habits.

**Poor growth** can be the result of abnormalities of the pituitary or other endocrine glands, genetic syndromes or chronic diseases. Pediatric endocrinology uses hormone stimulation tests to assess the endocrine glands. Growth hormone or insulin-like growth factor (IGF) may be prescribed to treat many of these abnormalities.

**Diabetes management**, including learning how to manage insulin and self-care, can be challenging and scary for patients newly diagnosed with types 1 and 2 diabetes. We believe learning best occurs in the clinic setting with strong support from the health care team. About 98 percent of our patients are never hospitalized for diabetes-related illnesses.

Our experts in pediatric diabetes help patients and their families learn how to manage their diabetes, including initial insulin regimens. Individual education visits provide a strong foundation of support and are coordinated with medical care. Children and adolescents with diabetes should visit their endocrinologist or nurse practitioner every three months. We recommend annual visits to their diabetes nurse educator, diabetes nutrition specialist and health psychologist.

## Diabetes fundamentals

For many patients, properly caring for diabetes (or preventing type 2 diabetes) requires significant lifestyle changes. Our pediatric diabetes experts help patients and their families learn about the importance of physical activity, medication administration, healthy eating and blood glucose monitoring; plus other diabetes care fundamentals.

**Diabetes nurse educators** teach age-appropriate self-management skills necessary to help balance insulin, food and activity. Educators help patients learn sick-day management and how to analyze blood glucose patterns and self-administer insulin at home.

They also teach patients how to use an insulin pump and prepare for special occasions, travel, overnights, camp, college and moving away from home.

**Diabetes nutrition specialists** assess children's growth, height, weight and body mass index (BMI). They review food records for caloric intake, nutritional adequacy and carbohydrate-counting education. Dietitians also can help adjust insulin levels for exercise regimens and provide education about lipids, celiac disease and eating disorders.

**Diabetes health psychologists** are available to assist parents and children with the stress and emotion related to chronic illness. They can help offer motivation and assist patients as they take on more responsibilities of diabetes self-care. Health psychologists also teach relaxation skills to reduce anxiety and stress levels.

## Research, technology

Pediatric endocrinology staff is actively involved in clinical research. Some past and current diabetes-related research studies include blood glucose meters, inhaled insulin and other medications and devices used to control blood sugar levels. Pediatric endocrinology practitioners also are involved in multiple growth-hormone and IGF studies. We can help you weigh the benefits of using the latest technology and medications to manage diabetes and other endocrine disorders.

**Insulin pump therapy** is one of the most significant diabetes management tools to emerge in the past 30 years. Group sessions show patients how pump therapy can be a useful tool to aid diabetes self-management.

**Continuous glucose monitoring** systems allow glucose values to be obtained and monitored at five-minute intervals, day and night, for three days to six days. Patients are not hospitalized while these values are collected.

## Support groups, school fairs

While information from parents and doctors is highly beneficial, sometimes it takes the stories and experiences of peer group members to really hit home. Pediatric diabetes support groups (for ages 6 to 12) give children the opportunity to meet and talk to other children facing similar challenges.



Before the start of every school year, Park Nicollet offers a school health fair for children with diabetes, their families and school personnel. We combine fun and learning into events that are beneficial to children with diabetes and the people involved in their care. Call 952-993-3393 or visit [parknicollet.com/classes](http://parknicollet.com/classes) for more information.