Endocrine clinics

Thyroid Clinic
Professor K Chatterjee
Dr D Wood
Dr H Simpson

This clinic runs on a weekly basis and provides care for patients with a wide range of thyroid disorders. We see patients with thyroid disease who are pregnant and follow them closely throughout their pregnancy. Together with the Department of Clinical Biochemistry at Addenbrooke’s, we provide a Supra-Regional Assay Service for the investigation of Resistance to Thyroid Hormone (RTH) and other unusual thyroid disorders.

The Endocrinology clinic
Professor K Chatterjee
Dr M Gurnell
Dr H Simpson
Dr D Savage

This is a weekly clinic where patients with a wide range of endocrine disorders are reviewed, including those with neuroendocrine tumours, multiple endocrine neoplasia syndromes (including MEN1, MEN2), adrenal conditions (e.g. Addison’s Disease, congenital adrenal hyperplasia, adrenal nodules, phaeochromocytoma), pituitary disorders (including acromegaly, Cushing’s Syndrome, hypopituitarism – see also pituitary clinic below), disorders of sexual development and function, and syndromes of severe insulin resistance. We work closely with colleagues in the departments of clinical biochemistry, surgery, radiotherapy, and oncology in the management of what can often be complex cases. We provide a multidisciplinary team approach together with the endocrine specialist nurses who provide patient education and perform much of the dynamic testing.

Pituitary clinic and multi-disciplinary team (MDT)
Dr M Gurnell
Dr H Simpson
Professor Chatterjee

The specialist Pituitary Clinic at Addenbrooke’s takes place on a weekly basis (Thursday morning, 08:45 - 13:00hrs) in IMS WDEC. Typically 12-15 patients are seen and the clinic
specifically focuses on new cases and those that are still in the 'early phase' of management (e.g. patients who have recently undergone pituitary surgery or radiotherapy). Stable cases, and those on long-term annual follow-up, are seen in the Friday morning General Endocrine Clinic.

The Pituitary Multi-Disciplinary Team (MDT) meeting takes place at 1700 on the 1st Tuesday of each month and is led by the Endocrinology team (Dr Gurnell, Dr Simpson, Professor Chatterjee). The MDT is also attended by Pituitary Neurosurgeons (Professor Pickard, Mr Kirollos), Neuroradiologists (Dr Antoun, Dr Cross), a Radiotherapist (Dr Burnet), Specialist Nurses (Sr Webb, Sr Best) and other Clinicians from throughout the Eastern Region.

In line with National requirements, the MDT provides 'expert recommendations' for the ongoing management of patients with pituitary disorders or other conditions that can affect the function of the pituitary gland.

**Thyroid nodule clinic**

**Dr H Simpson**

We run a monthly fine needle aspiration (FNA) biopsy clinic to assess and determine the nature of thyroid nodules, and for surveillance of nodules when appropriate.

Ultrasound maybe performed in the clinic to determine whether nodules are solid or cystic, to monitor the size of nodules, and to aid FNA. Slides are prepared from the FNA biopsies by a cytologist and assessed for adequacy. Slides are then formally reported by a cytologist and if necessary referred on as appropriate for further investigation/treatment.

**Thyroid cancer multi-disciplinary team (MDT)**

**Professor K Chatterjee**  
**Dr H Simpson**

The thyroid cancer multidisciplinary team (MDT) meeting and clinic is held on a monthly basis in clinic 10. Colleagues from oncology and radiotherapy, surgery, nuclear medicine, and pathology attend. This clinic provides a regional service for thyroid cancer and is part of the Anglia cancer network. All new patients referred to the clinic are discussed by the MDT who review all of their results before making specific recommendations for treatment. The majority of patients have epithelial thyroid cancers, but we have a large cohort of patients with medullary thyroid carcinoma, both sporadic and as part of hereditary endocrine cancer syndromes.

**Endocrinology transition clinic**

**Dr Helen Simpson**  
**Dr Acerini**

We provide a quarterly transition clinic (in conjunction with Dr Carlo Acerini, Consultant
paediatrician) for adolescents with endocrine disorders who are ready to consider moving up to the adult endocrine clinic (typically at around 16 years of age). This clinic aims to provide an introduction to adult services, and to help patients to become familiar with some of the members of the adult endocrinology team. It is a multidisciplinary clinic with consultants and specialist nurses and is held in the IMS Weston Centre, which is adjacent to IMS WDEC. We try to help patients to understand why they need continued endocrine follow up and start the process of patients being able to make decisions regarding their care. There are particular issues for patients with pituitary disease regarding the continuation of growth hormone replacement for somatic maturation and the attainment of peak bone mass, and those who have had treatment for paediatric cancers and need long term endocrine surveillance.

**Turner Syndrome clinic**

*Dr Helen Simpson*

*Dr MacDougall*

This is a multidisciplinary clinic with an endocrinologist and gynaecologist (Dr Jane MacDougall) providing care for patients with Turner Syndrome. Patients attend on an annual basis and all aspects of their case are discussed, and surveillance for the features of Turner Syndrome is arranged. Fertility through ovum donation is discussed, with referral on to reproductive medicine as appropriate. As the numbers seen in the clinic increase it is hoped that a local patient support group can be established.

**Parathyroid clinic**

*Dr Helen Simpson*

This clinic is specifically for patients with primary hyperparathyroidism. It is run in close collaboration with Mr G Wishart, endocrine surgeon, and we arrange biochemical testing and specialist imaging with a view to performing minimally invasive parathyroid surgery as a day case. To date over 200 cases have been successfully treated using this technique.

**Endocrine genetics clinic**

*Dr Helen Simpson*

*Dr Soo-Mi Park*

This clinic provides a regional specialist service to the population of East Anglia for hereditary endocrine conditions. There is an increasing awareness of the genetic basis of many familial endocrine disorders, and there are rapid developments taking place in the area of genetics, with an increasing availability of genetic tests through specialist laboratories. Genetic testing, whether diagnostic, predictive, prenatal, or carrier testing, is performed with full counselling about the implications (e.g., to the rest of family, medical prognosis, reproductive risk, insurance policies). Testing is performed according to the recommendations laid out by the British Society of Human Genetics and the Clinical Genetics Society with full consent, at appropriate ages and over appropriate periods of time.
We also have a genetic counsellor attached to this clinic (Dr Sue Kenwrick).

Reproductive endocrinology  
Dr Wood  
Dr MacDougall

This monthly specialist clinic focuses on patients with endocrinological conditions which affect reproductive function, including polycystic ovarian syndrome, congenital adrenal hyperplasia, hypogonadism and premature ovarian failure. Patients can discuss options for fertility if appropriate, and referred on to the appropriate services.