



مستشفى وعيادة دبي لندن التخصصي
DUBAI LONDON CLINIC
& SPECIALITY HOSPITAL



مستشفى دبي لندن
DUBAI LONDON
HOSPITAL

ENDOCRINE & THYROID MANAGEMENT



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Why Endocrine Health Matters

Hormones play a crucial role in regulating nearly every function of the body, from metabolism and growth to mood and energy levels. At Dubai London Hospital Group, our Endocrinology and Internal Medicine Departments offer expert diagnosis, management, and treatment for a wide range of hormonal and thyroid-related disorders.


Comprehensive Services We Offer



Thyroid Health Management

-  • **Thyroid Screening:** Blood tests to assess thyroid hormone levels (T3, T4, and TSH).
-  • **Ultrasound-Guided Biopsies:** Detect nodules and assess thyroid gland function.
-  • **Hyperthyroidism & Hypothyroidism Treatment:** Medications and lifestyle modifications to restore hormonal balance.
-  • **Thyroid Surgery & Care:** Surgical intervention, when necessary, performed by leading endocrinologists and surgeons

Diabetes Management

-  • **Diabetes Screenings:** Early detection through blood glucose, HbA1c, and insulin resistance tests.
-  • **Treatment Plans:** Personalized lifestyle changes, medications, and insulin therapy to manage Type 1, Type 2, and gestational diabetes.
-  • **Continuous Monitoring:** Regular follow-ups to track progress and prevent complications.





Metabolic & Obesity Care

- **Weight Management Programs:** Tailored plans combining dietary advice, exercise, and medications.
- **Cholesterol & Lipid Control:** Testing and management to reduce cardiovascular risk.
- **Bone Health Monitoring:** Screening and treatment for osteoporosis and metabolic bone diseases.



Hormonal Imbalances

- **Polycystic Ovary Syndrome (PCOS):** Comprehensive plans to manage symptoms and restore balance.
- **Menopause Management:** Hormonal therapy and supportive care for women during menopause.
- **Male Hormonal Disorders:** Testosterone screenings and treatment for deficiencies.

ARE YOU AT RISK?



- **Signs to Watch For:** Fatigue, unexplained weight changes, hair thinning, dry skin, or irregular heartbeat could indicate endocrine issues.
- **Key Risk Factors:** Family history, obesity, smoking, and high stress levels increase the likelihood of endocrine and thyroid disorders.

Your health is our priority. Don't ignore the signs.



Managing Diabetes & Thyroid Disorders

- **Regular Testing:** Routine blood tests to monitor hormone levels.
- **Lifestyle Adjustments:** Nutritional guidance and exercise routines to boost endocrine health.
- **Medication Management:** Timely prescriptions and dosage adjustments to ensure optimal hormone levels.



Tips for a Healthier Life

- **Maintain a Healthy Diet:** Focus on whole foods, rich in iodine, calcium, and vitamin D.
- **Stay Active:** Incorporate physical activity into your daily routine.
- **Manage Stress:** Practice mindfulness, yoga, or meditation.



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Specialities across the group:

Specialised Departments:

- Advanced Gynaecological Laparoscopic Surgery
- Aesthetics & Dermatology
- Aesthetic, Regenerative & Functional Gynaecology
- Anaesthesiology
- Audiology
- Back Pain Management
- Cardiology
- Dental Services
- Dietetics & Nutrition
- Diving Medicine
- ENT (Ear, Nose, and Throat)
- Endocrinology
- Gastroenterology
- General Surgery & Bariatric Surgery
- General Practice (GP) & Emergency Medicine
- Genetic Testing
- Internal Medicine
- Nephrology
- Neurology
- Neurosurgery
- Obstetrics & Gynaecology
- Ophthalmology
- Orthopaedics

- Paediatrics
- Pathology & Laboratory
- Physiotherapy
- Podiatry
- Psychiatry
- Pulmonology
- Traditional Chinese Medicine
- Urology
- Vascular Surgery

Advanced Diagnostics:

- **Cardiac Diagnostic:** ECG, TMT, Holter, 24 Hour BP Monitoring, and Echocardiogram
- **CT Scan:** 160-slice and a lower exposure dose. CT Coronary Angiogram (Cardiac CT)
- **MRI:** Advanced Intelligent Clear-IQ (AiCE) body imaging solutions provides deep learning and reduced noise for sharp, clear, and distinct images.

Acute Care Departments:

- Intensive Care Unit (ICU)
- Neonatal Intensive Care Unit (NICU)

Radiology:

- Mammography
- Ultrasound
- X-Ray

Operating Theatres complete with high-end support systems

24/7

Emergency Services Walk-in Clinic MRI & CT Scan Services



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