

Seeing an Endocrinologist: What You Need to Know



Who is an endocrinologist?

An endocrinologist is a doctor who specializes in conditions related to hormones. They are experts in treating diabetes, including type 2 diabetes. If your primary care provider refers you to an endocrinologist, it means they want you to receive additional support from a diabetes specialist.

What conditions does an endocrinologist treat?

Endocrinologists care for many hormone-related conditions, including:

Type 2 diabetes

Type 1 diabetes

Thyroid disorders

Bone disorders

Adrenal disorders

Pituitary disorders

Reproductive
hormone disorders

Other hormone
conditions

Many people with type 2 diabetes see an endocrinologist as part of their care team, especially if they have advanced complications of diabetes, or use diabetes technology such as an insulin pump.

Why am I being referred to endocrinology?

Being referred to an endocrinologist does not mean you have done anything wrong or that your diabetes is "bad." It simply means your care team wants to give you access to additional expertise. Your primary care clinician wants to make sure you have the support you need to manage your diabetes.

An endocrinologist may be able to help:

- ✓ Find the right diabetes treatment approaches for you
- ✓ Improve your blood sugar management
- ✓ Review your continuous glucose monitor (CGM) or blood sugar readings
- ✓ Help prevent diabetes-related complications
- ✓ Answer questions about your diabetes care

What should I bring to my appointment?

Please bring:

- ☐ A list of any questions or concerns you would like to discuss
- ☐ Your continuous glucose monitor (CGM) reader, app, or printed glucose reports, if you use a CGM. Or your blood sugar meter or blood sugar logs, if you do finger poke testing.
- ☐ A list of your current and past diabetes and other hormone related disorders
- ☐ Your family history of diabetes and other hormone related disorders
- ☐ A list of your current medications and medication doses (including insulin, if you take it)
- ☐ Any caregivers who help you with your diabetes (if applicable)
- ☐ Your insurance card and photo ID (if requested by the office)



Will I still see my primary care clinician?

Yes. Your endocrinologist and primary care clinician work together as a team. Your primary care clinician will continue to care for your overall health, while the endocrinologist provides specialized support for your diabetes and other hormone-related conditions.



How can an endocrinologist help me manage my type 2 diabetes?

An endocrinologist can work with you to confirm your diagnosis when needed and create a treatment plan that fits your lifestyle and health goals. This may include adjusting medications, reviewing your blood sugar patterns, discussing nutrition and physical activity, and helping you lower your risk of diabetes-related complications.



What if I don't use a blood sugar meter or CGM?

That's okay. Bring any diabetes information you have, including a list of your medications and any questions you want to ask. Your care team will work with you to decide what information is most helpful for managing your diabetes.