

# Cook Children's Endocrine and Diabetes program

## Overweight/obesity

We treat overweight/obese children who have evidence of dyslipidemia, insulin resistance or diabetes. The clinical recommendations listed below are not mandatory standards, and are not intended to be medical advice, but rather a set of recommendations for clinical evaluation and care. These recommendations are not a substitute for reasonable clinical judgment and decision making and do not exclude other options. Clinical care must be individualized to the specific needs of each patient and interventions must be tailored accordingly.

### Cardiovascular risk factors:

1. High-risk race/ethnicity: African American, Hispanic, Native American, Pacific Islander
2. Family history\* of:
  - a. Cardiovascular disease: < 55 year-old men; < 65 year-old women
  - b. Dyslipidemia or use of lipid-lowering medication
  - c. Obesity or history of bariatric surgery
  - d. Diabetes or maternal history of gestational diabetes
  - e. Hypertension or use of blood pressure-lowering medication
3. Tobacco use: History of smoking

\* First- or second-degree relatives

Disorder	Signs/symptoms	Suggested lab workup prior to referral	Comments
<b>Overweight: BMI 85-94th%</b>	<ul style="list-style-type: none"> <li>• No cardiovascular risk factors</li> </ul>	<ul style="list-style-type: none"> <li>• Fasting or non-fasting lipid profile (Chol, LDL, HDL, TG)</li> <li>• Comprehensive metabolic profile (CMP)</li> </ul>	<p>For children &lt; 2 years of age, genetic testing and/or genetic referral should be considered, especially if the child has:</p> <ul style="list-style-type: none"> <li>• Developmental delay</li> <li>• Dysmorphic features</li> </ul>
<b>Obese: BMI 95-99th%</b>	<ul style="list-style-type: none"> <li>• No cardiovascular risk factors</li> <li>• No first- or second-degree relatives with diabetes mellitus</li> </ul>	<ul style="list-style-type: none"> <li>• Fasting or non-fasting lipid profile (Chol, LDL, HDL, TG)</li> <li>• Comprehensive metabolic profile (CMP)</li> </ul>	<p>For children 2-7 years of age, the following tests are generally recommended:</p>
<b>Obese: BMI 95-99th%</b>	<ul style="list-style-type: none"> <li>• ≥ two cardiovascular risk factors</li> </ul> <p>PLUS</p> <ul style="list-style-type: none"> <li>• First or second degree relatives with diabetes mellitus</li> </ul>	<ul style="list-style-type: none"> <li>• Fasting lipid profile</li> <li>• Hgb A1c</li> <li>• Comprehensive metabolic profile (CMP)</li> <li>• Complete blood count (CBC)</li> <li>• Lipoprotein (a)</li> <li>• Spot urine for microalbumin: creatine</li> <li>• Two-hour oral glucose tolerance test</li> </ul>	<ul style="list-style-type: none"> <li>• Fasting or non-fasting lipid profile (Chol, LDL, HDL, TG)</li> <li>• Comprehensive metabolic profile (CMP)</li> </ul> <p>Overweight or obese children who are pre-hypertensive or hypertensive without significant insulin resistance, have evidence of auto-immune thyroid disease or dyslipidemia should be referred to a Cook Children's cardiology or nephrology specialist</p>
<b>Morbid obesity: BMI &gt; 99th%</b>	<ul style="list-style-type: none"> <li>• BMI &gt; 99th%</li> </ul>	<ul style="list-style-type: none"> <li>• Fasting lipid profile</li> <li>• Hgb A1c</li> <li>• Comprehensive metabolic profile (CMP)</li> <li>• Complete blood count (CBC)</li> <li>• Lipoprotein (a)</li> <li>• Spot urine for microalbumin: creatinine</li> <li>• Two-hour oral glucose tolerance test</li> </ul>	<p>The recommendations listed for overweight/obesity are generally intended for children &gt; 8 years of age</p>



682-885-1940

To better serve our treating clinicians, we can assist you with:

- Non-emergent transfer requests
- Direct admissions
- Specialist consultations



COOK CHILDREN'S  
ENDOCRINE AND DIABETES PROGRAM  
1500 Cooper St. | Fort Worth, TX | 76104

682-885-7960

cookchildrens.org

# Evaluation and referral guidelines

Tips for an effective visit:

- Inform the child and family about the reason for the referral and what to expect.
- Ensure all recommended evaluations have been completed prior to the child's scheduled endocrine appointment.
- Provide relevant insurance information (copy of insurance card if available), clinic notes, growth charts, laboratory test and other diagnostic test results.

## Referral priority



### EMERGENCY

#### Hospitalization anticipated/required

Cook Children's Emergency Department  
682-885-4095

Teddy Bear Transport  
1-800-KID-HURT

Notify endocrinologist on call  
682-885-4000



### URGENT

#### Outpatient visit needed within 1-5 days

Contact endocrinologist on call at 682-885-4000.



### ROUTINE

#### First available appointment

Fax request for referral to 682-885-1327.



### NOT SEEN

New patient referrals > 18 years of age

All referrals are seen as soon as scheduling and staffing permit. If there are concerns about a delay in a child's scheduled outpatient appointment, if the child's condition deteriorates or if other circumstances require the child to be evaluated sooner, please contact the endocrinologist on call.

## Our staff



Paul Thornton, M.D., Medical Director

John Dallas, M.D.

Alejandro De La Torre, M.D.

Susan Hsieh, M.D.

Jill Radack, M.D.

Sani Roy, M.D.

Joel Steelman, M.D.

Larry Swanson, M.D.

Teena Thomas, M.D.

Michael Willcutts, M.D., Ph.D.

Don P. Wilson, M.D.

Teresa Newman, CPNP

Lisa Truong, CPNP



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