Contents

Preface, vii
Acknowledgements, viii
How to use this book, ix
List of abbreviations, x

Part 1 Basics, 1
The pituitary gland, 1
The thyroid, 13
Bone and calcium metabolism, 23
The adrenal glands, 30
The reproductive system, 36
The pancreas, 46
Lipid abnormalities and obesity, 60
The neuroendocrine system, 63

Part 2 Cases, 66
Case 1 A 19-year-old with abdominal pain and vomiting, 66
Case 2 A 35-year-old woman with palpitation and irritability, 73
Case 3 A 61-year-old man with polyuria, polydipsia, cough and weight loss, 79
Case 4 A 44-year-old woman with visual problems, 82
Case 5 A 20-year-old man with recent diagnosis of diabetes, 86
Case 6 Tiredness and weight gain in a 30-year-old woman with diabetes, 89
Case 7 Acute confusion in an 82-year-old with known type 2 diabetes, 92
Case 8 A 42-year-old man with headaches, increased sweating and sexual dysfunction, 98
Case 9 Amenorrhoea in an 18-year-old, 102
Case 10 A 28-year-old with tiredness and abnormal thyroid function postpartum, 106
Case 11 A 33-year-old man with polyuria and polydipsia, 109
Case 12  A 62-year-old man with tiredness and hyponatraemia, 113
Case 13  Excess hair in a 29-year-old woman, 117
Case 14  A 52-year-old woman with paroxysmal atrial fibrillation and abnormal thyroid function, 120
Case 15  A 22-year-old man with hypertension, 123
Case 16  A 20-year-old woman with polyuria and polydipsia, 126
Case 17  A 78-year-old man with pain in the leg and knee, 132
Case 18  A 32-year-old woman with a lump in the neck, 135
Case 19  A 26-year-old with headaches and hypertension, 139
Case 20  Sweating, nausea and hand tremor in a 24-year-old woman, 142
Case 21  A 19-year-old man with sexual dysfunction, 146
Case 22  A 38-year-old woman with muscular aches and weakness, 151
Case 23  A wrist fracture in a 56-year-old woman, 154
Case 24  A 37-year-old woman with recurrent flushing, 158
Case 25  A 46-year-old man with an abnormal lipid profile, 161

Part 3 Self-assessment, 164
MCQs, 164
EMQs, 169
SAQs, 174
Answers, 176

Index of cases by diagnosis, 187
Index, 189

Colour plate section can be found facing p. 84.