

UCLA Endocrinology continues to provide expertise in the South Bay



UCLA South Bay Endocrinology in Torrance offers a full range of endocrinology care, continuing to serve area residents from a convenient South Bay location. Our physicians, who are faculty at the David Geffen School of Medicine at UCLA, are backed by the resources of a major academic medical center, including access to research and clinical trials in diabetes, thyroid and other endocrine disorders.

Our endocrinologists provide comprehensive consultative, diagnostic and therapeutic services for patients with:

- Diabetes (type 1, type 2 and gestational)
- Parathyroid disease
- Pituitary disorders
- Obesity
- Female hormone disorders (menopause, polycystic ovary syndrome)
- Metabolic syndrome
- Thyroid disease
- Adrenal disorders
- Osteoporosis
- High cholesterol
- Male hormone disorders (hypogonadism)

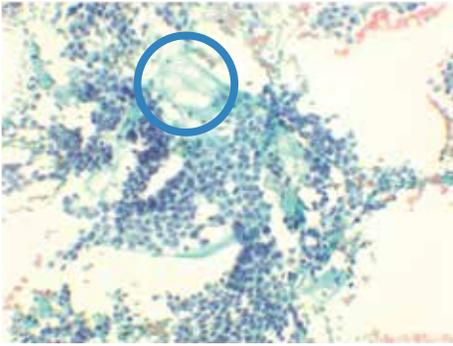
All physicians are on staff at both Torrance Memorial Medical Center and Providence Little Company of Mary Hospital.

Technology assists management of diabetes

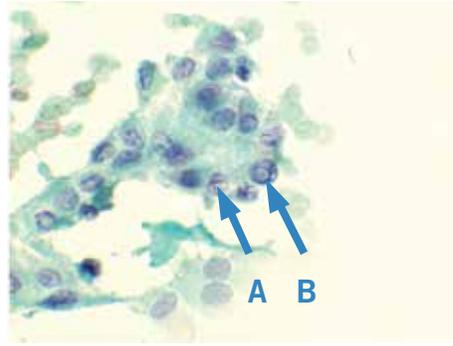
Diabetes treatment has advanced with new technologies that make living with diabetes easier and can reduce complications of the disease, says Dianne S. Cheung, MD, assistant clinical professor in the UCLA Division of Endocrinology.

“More patients are being diagnosed with diabetes today than ever before. And we’ve come a long way in our ability to control blood sugar and prevent complications,” Dr. Cheung explains. “The state-of-the-art insulin pumps and glucose sensors that we prescribe to our patients can significantly improve their quality of life.”

UCLA endocrinologists employ a team approach that includes a registered nurse and certified diabetes educator, a registered dietician and an insulin pump specialist to deliver patient-centered care. “We educate our patients and get them involved in their own care to help them achieve the best possible outcomes,” Dr. Cheung says.



Fine needle aspiration biopsy image showing "bubblegum" colloid structure typical of papillary thyroid carcinoma (PTC). Bubblegum colloid shows up as dense, stringy strands on PTC smears.



Cell nuclei show both "grooves" (A) and intranuclear pseudoinclusions (nuclear "holes") (B). Both are typical of papillary thyroid carcinoma. PTC is the most common type of thyroid carcinoma, comprising 80 percent of thyroid cancer cases.

Practice offers molecular profiling of indeterminate thyroid tissue samples

Fine needle aspiration is routinely performed to distinguish benign thyroid nodules from thyroid cancer. When an endocrinologist in UCLA's South Bay practice performs a biopsy, an on-site cytotechnologist helps prepare the specimen, ensuring the sample is adequate so the biopsy will not have to be repeated.

Biopsy samples are sent to UCLA's centralized pathology service in Westwood for evaluation. UCLA pathologists are highly experienced in cytologic diagnosis and provide accurate and reliable results. Despite this expertise, a significant number of thyroid nodule tissue samples taken using fine needle aspiration produce indeterminate results when evaluated using standard cytopathology. The lack of clarity leads to many patients undergoing diagnostic surgery, which in most cases confirms a benign diagnosis.

Our endocrinology practice also offers patients access to molecular profiling tests, which can refine the diagnosis of indeterminate nodules in many cases. At UCLA, molecular profiling has helped approximately half of those patients with indeterminate nodules avoid unnecessary surgery, thus maximizing positive health outcomes.

Nurse educators available for diabetes patients

UCLA nurse educators provide direct training to patients with type 1 diabetes in the use of insulin pumps to help manage insulin and reduce the risk of complications. These nurses ensure our patients know how to use their pumps safely and are getting the maximum benefit from their use.

Insulin pumps deliver continuous doses of insulin to help keep blood glucose levels within range between meals and overnight. The doses can be programmed to deliver different amounts at different times of the day and night. The pumps can also deliver supplemental — or bolus — doses of insulin for meals and at other times that more insulin is needed.

Participating Physicians

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