

# PAEDIATRIC AND ADOLESCENT ENDOCRINOLOGY



**Dr Helen Spoudeas**  
MBBS DRCOG FRCP FRCPCH MD  
Consultant/Associate  
Professor

## WHEN TO SEE AN ENDOCRINOLOGIST

### The Endocrine (Hormone) System

Have you ever wondered, how or why we?

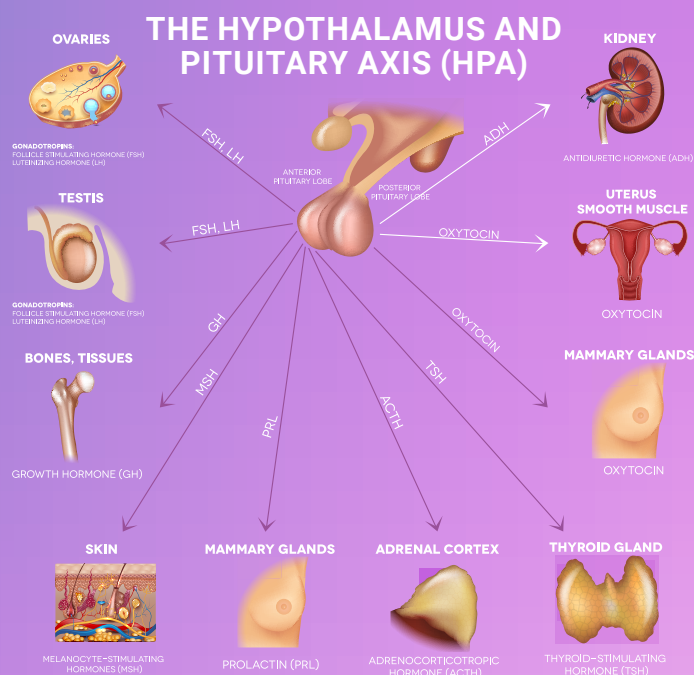
- I. grow as we do, (tall or short, heavy or thin)
- II. sexually mature and stop growing, (early or late)
- III. gain potency and fertility,
- IV. bond with and feed our young,
- V. react to danger, (including illness)
- VI. fine tune our sugar, calcium and salt levels,
- VII. control our weight, temperature, blood pressure,
- VIII. feel hungry, thirsty, sleepy or wakeful,
- IX. feel all the many emotions we do?

These are all primitive, subconscious, survival mechanisms controlling life itself, in existence since the dinosaur age. Any illness can secondarily affect them, and primary disease (maldevelopment, injury or tumour) may be subtle and difficult to diagnose.

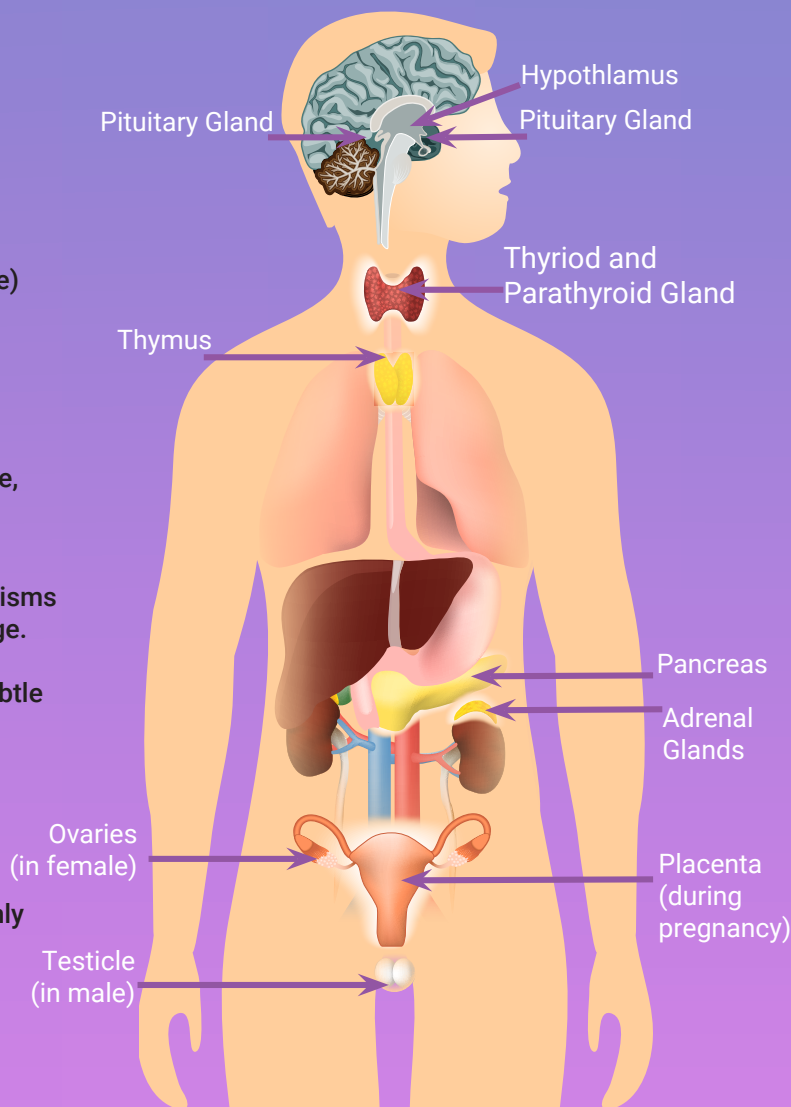
### The Hypothalamus and Pituitary Axis (HPA)

Deep in the midbrain, close to vital visual and metabolic pathways, is a pea-sized organ, a master gland called the Hypothalamus.

Together with the downstream Pituitary, it forms a highly developed and complex messaging system - the HPA – sending and receiving blood-borne messages (hormones), to and from the body's various Glands in a circular, perfectly balanced, constantly adapting, system.



## THE ENDOCRINE SYSTEM



Hormones must be produced in just the right amounts, at just the right developmental time, and in just the right circumstance. Too much or too little harms growth, development and wellbeing and some deficiencies are life-threatening.

### Hormone Replacement Therapy

The good news is hormone deficiencies (and excesses) are all treatable, and hormones can be replaced. Secondary deficiencies are temporary and reversible with normalisation of health and psychological wellbeing. That's why, if you or your GP are concerned, a holistic paediatric endocrine specialist can help.

**Dr Helen A Spoudeas** – International and private patients at  
Great Ormond Street Hospital and the London Medical.  
Email: [hsprivatepractice@gmail.com](mailto:hsprivatepractice@gmail.com) or Tel: 07704373401