

Care for The Whole Person in Diabetes Treatment

New Endocrinologist to Spearhead Diabetes Care Center at Merrimack Valley Hospital

Board Certified Endocrinologist Neil Ravin, MD begins practice at Merrimack Valley Hospital and Holy Family Hospital in February. He will also help spearhead a new diabetes care center at Merrimack Valley Hospital.

Endocrinology deals with disorders of the endocrine glands and their associated hormones. Disorders occur when a hormone is either deficient or excessive in the bloodstream. The glands include the thyroid, pancreas, ovaries, testes, adrenals, and pituitary. The hormones include thyroid hormone, insulin, estrogen, progesterone, testosterone, cortisol, DHEA, and growth hormones among others.

Typical endocrine disorders are hyperthyroidism, hypothyroidism, diabetes, disorders of menopause, PMS, low testosterone levels, pituitary disorders such as growth hormone deficiency, and adrenal disorders such as Cushing's or Addison's disease.

By far, the most common disorder is diabetes and its incidence is growing. According to the American Diabetes Association, 25.8 million adults and children in the United States have diabetes and an estimated 1.9 million new cases are diagnosed in people 20 and older each year.

Common symptoms include frequent urination, excessive thirst and hunger, fatigue, blurred vision, unexplained weight loss, and tingling, pain, or numbness in the hands or feet. Chronically elevated blood sugars are a more potent player in the genesis of coronary artery disease than high cholesterol. Blindness from undiagnosed or under treated diabetes is a leading cause of blindness in this country. Among all causes of kidney failure, diabetes is near the top of the list.



Holy Family Hospital Endocrinologist Naaznin Lokhandwala, MD, will work with Neil Ravin, MD in Methuen as he builds his Haverhill practice.



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Dr. Ravin practiced endocrinology for 27 years in Washington, D. C. associated with the Georgetown University Hospital, and for the past five years he was director of the endocrine center at Portsmouth (NH) Hospital.

“Endocrinology involves caring for not only the disease, but the person,” said Dr. Ravin. “With the right medical education and guidance, most diabetic patients can learn to understand their diabetes well enough to manage it themselves and reduce its complications.”

The Haverhill Diabetes Care Center will be part of the Steward Diabetes Care Program which helps patients better manage their disease. Nationally recognized by the American Diabetes Association, it already exists at Holy Family Hospital in Methuen. Dr. Ravin will work with Endocrinologist Naaznin Lokhandwala, MD in Methuen while he builds his Haverhill practice and his patients can use the Methuen program until the Haverhill center is open.

For more information or to make an appointment with Dr. Ravin, please call 978-912-7450.

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*Endocrinologist
Neil Ravin, MD*

Steward Diabetes Care Program provides participants and their families with:

- Assessment by a certified diabetes educator
- Instruction in self blood glucose monitoring and insulin administration
- Nutrition assessment and recommendations by a registered dietitian/certified diabetes educator
- Small group or individual classes
- Individualized nurse consultations
- Monthly diabetes education and support groups