

Care for the Whole Person in Diabetes Treatment



Endocrinologist Roshney Jacob, MD treats patients with diabetes at the Diabetes and Endocrine Center at Nashoba Valley Medical Center.

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, parathyroids, pancreas, gonads, adrenals and pituitary. The hormones include thyroid hormone, insulin, estrogen, testosterone, cortisol and prolactin among many others.

Typical endocrine disorders include but are not limited to hyperthyroidism, hypothyroidism, thyroid nodules and thyroid cancer, diabetes, hypogonadism, calcium and bone disorders, electrolyte abnormalities, prolactinomas, pituitary and adrenal dysfunction, obesity, hypercholesterolemia, and hypertension.

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 age 20 and older each year.

Symptoms may 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.

Roshney Jacob, MD, a board-certified internal medicine physician, specializes in endocrinology and heads up the Diabetes and Endocrine Center at Nashoba Valley Medical Center where she has practiced for six years.

“Endocrinology involves treating complex conditions that may span multiple organ systems in the human body. This means caring for the whole person,” says Jacob. “With the right medical education and guidance, persons with diabetes can learn to understand their condition well enough to achieve control and reduce its complications.”

For more information or to make an appointment with Dr. Jacob, please call 978-784-9534.

The diabetes care program at the Diabetes and Endocrine Center 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 and physician consultations
- Monthly diabetes education and support groups

