

## PREFACE

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The aim of the *Handbook of Diagnostic Endocrinology* is to provide a comprehensive overview of current approaches to the diagnosis of endocrine disorders. Our ability to diagnose patients with diseases of the endocrine systems is expanding exponentially with the development of new and more reliable assay methods and the incorporation of both molecular and genetic approaches into our understanding of the pathophysiology of these diseases. Although the primary focus of this volume is on the diagnosis of endocrine disease, the vast majority of endocrine diseases require long-term management; therefore, many of the chapters also discuss approaches to follow-up in these patients.

The *Handbook of Diagnostic Endocrinology* comprises 16 chapters. Immunoassays have long been the cornerstones of endocrine diagnoses. As an important background, Sabrina Gill, Frances Hayes, and Patrick Sluss discuss the many methodological advances that have expanded our repertoire of diagnostic tests. With the increased number of tests available for endocrine evaluation, it is incumbent that we understand the factors that affect assay performance and their impact on our ability to use these tools to aid in clinical diagnosis. Joseph Verbalis reviews the regulatory mechanisms underlying water and sodium metabolism and presents a comprehensive approach to disorders of body fluids, which are among the most commonly encountered problems in clinical medicine. Mary Lee Vance outlines the diagnosis and long-term followup of patients presenting with pituitary tumors, and Lynnette Nieman provides an approach to the diagnosis and differential diagnosis of Cushing's syndrome that includes a critical appraisal of available tests. Although endocrine causes of hypertension occur in only 10% of hypertensive subjects, this small fraction represents a large number of patients. Jennifer Lawrence and Robert Dluhy present a thoughtful and efficient approach to the diagnosis of these disorders. Anastassios Pittas and Stephanie Lee then update the approach to the diagnosis of thyroid disease, including an important discussion of currently available assays. Regina Castro and Hossein Gharib present a cost-effective approach to evaluation of the common problem of thyroid nodules and discuss the preoperative evaluation and postoperative followup of patients with thyroid cancer. Allison Goldfine provides an overview of the diagnosis of the various forms of diabetes and a comprehensive discussion of long-term monitoring of the primary disease and its complications. Robert Ratner reviews the important area of gestational diabetes, both its diagnosis and consequences, and John Service presents a clear approach to the diagnosis of hypoglycemia. William Donahoo, Elizabeth Stephens, and

Robert Eckel provide a thorough discussion of the modalities that are currently available for the assessment of dyslipidemia and obesity. Benjamin Leder and Joel Finkelstein then review calcium metabolism and present a logical approach to the diagnosis of hyper- and hypocalcemia. Patrick Doran and Sundeep Khosla discuss the spectrum of osteoporosis and an approach to diagnosis and long-term followup based on the currently available tools. Margaret Wierman reviews the normal physiology of the hypothalamic–pituitary–testicular axis and the physiology of erection, both of which are critical to the approach to evaluation of hypogonadism and erectile dysfunction. Drew Tortoriello and Janet Hall then discuss the physiology of normal menstrual function as a backdrop to their approach to the evaluation and long-term followup of women with disorders of menstrual function. Ricardo Azziz completes this volume with a practical and focused discussion of the evaluation of androgen excess in women.

In *Handbook of Diagnostic Endocrinology* we provide the reader with a concise approach to the diagnosis of endocrine disorders that is based on an understanding of their pathophysiology and includes both clinical manifestations and the most current laboratory tests available. This work will serve as a reference for students and fellows in training as well as an update for practicing endocrinologists and internists.

We thank the contributors to this volume, without whose expertise and efforts this work would not be possible.

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