**Division Introduction**

The Division of Pediatric Endocrinology, directed by Perrin C. White, M.D., provides inpatient and outpatient clinical services to Children’s Medical Center and the broader community in the areas of general endocrinology, diabetes and obesity. The Division’s catchment area extends north and east into Oklahoma and Louisiana, respectively, west to the Mid-Cities and occasionally into Fort Worth, and south as far as Houston. The faculty consists of 15 physicians (~10 clinical FTE), who conduct direct patient care and supervise a variety of other health professionals including nurse practitioners and advance practice nurses, certified diabetes educators, and endocrinology nurses. In 2015, the payer mix was 52% commercial, 42% Medicaid, and 6% other categories.

The Division includes three broad service categories, each with its own Medical Director.

- General Endocrinology, including growth, thyroid, puberty, pituitary and adrenal problems, directed by Dr. Soumya Adhikari
- Diabetes, currently directed by Dr. Kathryn Sumpter and transitioning to Dr. Abha Choudhary
- Obesity, the Center for Obesity and its Consequences in Health (COACH), currently directed by Dr. Olga Gupta

An additional newly established multidisciplinary clinic, GENECIS, directed by Dr. Ximena Lopez, cares for children with gender dysphoria.

**Faculty**

The Division has 13 full-time and two part-time faculty members and four fellows, all with varied interests in clinical and translational research. Additional support is provided by eight advanced practice nurses, nurses, dieticians, medical assistants, social workers, and research coordinators. Three new faculty members joined the Division in 2016.

**Abha Choudhary, M.D.**

Assistant Professor

**M.D.**

Christian Medical College, Vellore, India, 2001

**Postdoctoral Training**

- Residency, Pediatrics
  - Christian Medical College, Vellore, India, 2001-2003
- Internship, Pediatrics
  - University of Miami/Jackson Memorial Hospital, Miami, FL, 2005-2006
- Residency, Pediatrics
  - University of Pennsylvania/Children’s Hospital of Philadelphia, PA, 2006-2008
- Fellowship, Pediatric Endocrinology
  - Weill Cornell Medical College/New York Presbyterian Hospital, New York, NY, 2009-2012

**Interests**

Pediatric endocrinology, growth disorders, Type 1 and Type 2 diabetes
Nivedita Patni, M.D.
Instructor

M.B.B.S.
All India Institute of Medical Sciences, New Delhi, India, 2008

Postdoctoral Training
Residency, Pediatrics
Miami Children's Hospital, Miami, FL, 2010-2013
Fellowship, Pediatric Endocrinology
UT Southwestern, TX, 2013-2016

Interests
Pediatric endocrinology, lipodystrophy syndromes, progeria syndromes, Type 1 hyperlipoproteinemia

Amanda Shaw, M.D.
Assistant Professor

M.D.
UT Southwestern Medical School, Dallas, TX, 2009

Postdoctoral Training
Residency, Pediatrics
UT Houston, TX, 2009-2012
Fellowship, Pediatric Infectious Disease
UT Houston, TX, 2012-2013
Fellowship, Pediatric Endocrinology
UT Houston, TX, 2013-2016

Interests
Pediatric endocrinology, effects of psychological intervention and counseling on children with diabetes mellitus

Honors / Awards

Best Pediatric Specialists in Dallas, D Magazine
- Soumya Adhikari
- Bryan Dickson
- Kathryn Sumpter
- Grace Tannin

Texas Super Doctors, Texas Monthly Magazine
- Bryan Dickson
- Ernesto Fernandez

Soumya Adhikari
- Faculty Marshall, One of six UT Southwestern faculty selected by vote to lead graduation hooding ceremony

Nivedita Patni
- Endocrine Society Early Career Forum Travel Award for Endocrine Society’s 98th Annual Meeting
- Pediatric Endocrine Society Travel Award
Invited Lectures

Ximena Lopez

- “Update on the Care of Transgender Youth: Social-Emotional Considerations and Medical Interventions”
  - Time to THRIVE Conference, Human Rights Campaign Annual Meeting, Dallas, TX, February 2016
  - Annual Texas Association for Gay Health Conference, Dallas, TX, March 2016
  - The 48th Kenneth Haltalin CME Pediatrics for the Practitioner, Irving, TX, April 2016
  - Children’s LIVE, Dallas, TX, April 2016
- “Medical and Psychological Issues Facing Transgender Youth”
  - Welcome Back to School for Transgender Students Symposium, Gay And Lesbian Alliance (GALA) of North Texas, Frisco, TX, September 2016
- “Care of Transgender Youth”
  - Endocrine for Pediatric Primary Care Conference, Cook Children’s Hospital, Fort Worth, TX, September 2016
- “Medical Care of Transgender Youth”
  - Transcendence International Conference for School Staff, Fort Worth, TX, October 2016
  - Youth First at the Resource Center, Dallas, TX, November 2016

Conference Presentations

Cantrell H, Choudhary A.

Poster, Endocrine Society’s 98th Annual Meeting, Boston, MA, March/April 2016
“Xanthomas, Acanthosis and Diabetes”

Patni N, Sumpter K, Garg A, Adhikari S.

Poster, Endocrine Society’s 98th Annual Meeting, Boston, MA, March/April 2016
“Pseudohyponatremia Due to Extreme Elevation of Lipoprotein-X in a Patient with End Stage Liver Disease”

Ximena Lopez

Hot Topic Co-Chair, Pediatric Academic Society Annual Meeting, Baltimore, MD, April/May 2016
“Difficult Cases in Children and Adolescents with Gender Dysphoria”

Symposium Moderator, Pediatric Endocrine Society (PES) Annual Meeting, Baltimore, MD, April/May 2016
“Difficult Cases in Children and Adolescents with Gender Dysphoria”

Olga Gupta

Session Chair, The American Diabetes Association’s 76th Scientific Session, New Orleans, LA, June 2016
“Clinical and Translational Studies in Atherosclerosis of Diabetes”


“A Camp-based Intensive Education Intervention for Families of Young Children with Type 1 Diabetes Mellitus”
**Education and Training**

The Division is committed to providing quality medical education for medical students, residents, and fellows. It has an active fellowship program and also provides inpatient and outpatient opportunities for residents and medical students.

**Medical Students**

Pediatric Endocrinology faculty are active in providing didactic education to UT Southwestern Medical School students. The Division offers two electives for fourth-year pediatric clerkships that provide in-depth exposure and care to patients with diabetes and endocrinologic diseases.

**Residents**

Faculty play a significant role in the education of the residents at Children’s and UT Southwestern. As one of the largest endocrine and diabetes clinics in the country, the Division is able to offer residents a very broad experience.

**Fellows**

The Pediatric Endocrinology Fellowship Program accepted its first extramural fellow in 1999 and has grown to accept up to two fellows per year. Approximately half of the Division’s fellows come from the Department’s Pediatric Residency Program.

The Fellowship Program emphasizes both broad and deep clinical training, as well as experience in clinical research, bench research, or both. Almost all of the fellows have published their projects as one or more papers in peer-reviewed literature, and the majority of graduates take academic positions at UT Southwestern or other medical schools.
Research Activities

Pediatric endocrinology faculty are involved in both clinical research and translational. The Division works with laboratories in other departments and institutions, providing fellows an opportunity to expand their research interests and learning opportunities.

- Dr. Perrin White has studied several genetic diseases of steroid hormone biosynthesis and metabolism, including the most common forms of congenital adrenal hyperplasia. He is currently the lead investigator on a multicenter clinical trial of an androgen biosynthesis inhibitor, abiraterone acetate, to ameliorate problems of androgen excess in prepubertal children with congenital adrenal hyperplasia.
- Dr. Soumya Adhikari conducts quality improvement research, utilizing the robust data-mining functions available within the Epic electronic medical record. Current projects include compliance with consensus guidelines for congenital hypothyroidism, and the efficacy of different intravenous fluids for resuscitation in diabetic ketoacidosis. He is also principal investigator on a study examining the role of remote patient monitoring through video visits on glucose control in type 1 diabetes.
- Dr. Ellen Grishman is studying the relationship between blood glucose control, quality of life, bullying and executive function in patients with type 1 diabetes. She is also examining the relationship between a blood biomarker and depressive symptoms in obese adolescents.
- Dr. Olga Gupta has conducted a pilot study of a novel intervention linking the care of a household pet with diabetes self-management tasks to improve glucose control in adolescents with type 1 diabetes mellitus. She has ongoing human and rodent studies evaluating the role of adipose mesothelial in metabolic diseases associated with obesity such as type 2 diabetes mellitus and dyslipidemia.
- Dr. Nivedita Patni has published a novel syndrome of generalized lipodystrophy associated with pilocytic astrocytoma, and continues her research work at the Center for Human Nutrition at UT Southwestern to determine the etiology of this syndrome. She is also doing clinical research on pediatric with familial partial lipodystrophy, Dunnigan variety (FPLD2), to gain a thorough understanding of the molecular basis of fat loss and insulin resistance in laminopathies, which will also throw light on the relationship between obesity, aging, and insulin resistance. She is working on determining genetic basis of lipid disorders in children and investigating the genotype-phenotype relationships in these patients. She designed a study to determine genetic bases of type 1 hyperlipoproteinemia (T1HLP) and received a service package grant from the Center for Translational Medicine at UT Southwestern. She is also spearheading a clinical trial to evaluate the efficacy of orlistat for the treatment of T1HLP and studying various etiologies of extreme hypertriglyceridemia in children.
- Dr. Ximena Lopez’s studies focus on the long-term outcomes of mental and physical health of transgender adolescents that receive puberty suppression and cross-sex hormones before adulthood. She is also involved in clinical trials on the efficacy and safety of colesevelam and liraglutide, respectively, in the treatment of type 2 diabetes in adolescents.

Clinical Activities

Inpatient Services

The Division provides direct oversight to a dedicated endocrinology service, which is currently integrated as the “Blue-Endocrine” Pediatric Medicine team. In 2016 this service admitted 680 patients with diagnoses that included diabetes mellitus, panhypopituitarism, adrenal insufficiency, and diabetes insipidus, among other endocrine disorders.

The Endocrinology Division also provides inpatient consultative services to the entire hospital, including the intensive care units and the hematology- oncology, gastroenterology, pulmonary medicine, and cystic fibrosis services. The leading reasons for consultation are diabetes mellitus, secondary diabetes/hyperglycemia, diabetes insipidus, electrolyte abnormalities, hypoglycemia, and adrenal insufficiency. There were 550 inpatient consultations in 2016, with a total of 3,569 inpatient encounters resulting from inpatient admissions and consultations.
Recognizing the increasing demands of the inpatient consultation service, which now provides services at four different Dallas hospitals, the Division established separate inpatient and consultation services in July 2014, each with its own attending physician (except for the weekend and at night, when a single on call attending provides both services). The Division also added a third attending physician at the same time to be available for inpatient activities at the Legacy campus.

Outpatient Services

In 2016, the Division’s attending physicians performed 14,916 outpatient visits and supervised ~6,000 visits by non-physician providers. This included 2,983 new patient visits and outpatient consultations. The Division provides outpatient services at all three Children’s locations on the following schedule, which includes attending physician clinic sessions only.

<table>
<thead>
<tr>
<th>Clinic</th>
<th>Sessions Per Week</th>
</tr>
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<tbody>
<tr>
<td>Dallas Endocrinology and Diabetes</td>
<td>70</td>
</tr>
<tr>
<td>Dallas COACH</td>
<td>10</td>
</tr>
<tr>
<td>Legacy</td>
<td>22</td>
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<tr>
<td>Texas Health Dallas</td>
<td>4</td>
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Current Grant Support

Olga Gupta

Grantor: NIH  
Title of Project: Peritoneal Mesothelial Cells: Role in Obesity and Metabolic Dysfunction  
Role: Principal Investigator  
Dates: 08/2014 – 08/2016

Perrin White

Grantor: NIH  
Title of Project: Abiraterone Acetate in Children with Classic 21-Hydroxylase Deficiency  
Role: Principal Investigator  
Dates: 09/2015 – 07/2021

Grantor: University of California  
Title of Project: A Self-regulation Approach to Diabetes Adherence into Emerging Adulthood  
Role: Co-principal Investigator  
Dates: 01/2014– 04/2016

Grantor: CCRAC, Sr. Investigator Grant  
Title of Project: Intensive Education in a Residential Camp Setting for Type 1 Diabetes  
Role: Principal Investigator  
Dates: 08/2014 – 08/2016

Peer-Reviewed Publications


**Book Chapters**
