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, Louisiana and southwestern Arkansas, west to the Mid-Cities and occasionally into Fort Worth, and south as far as Houston. The faculty consists of 18 physicians (~11 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 2018, the payer mix was 44% commercial, 49% Medicaid, and 7% 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, directed by Dr. Abha Choudhary
- Obesity, the Center for Obesity and its Consequences in Health (COACH), directed by Dr. Olga Gupta

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

Eighteen faculty physicians deliver care to patients in four states, including almost 15,000 outpatient visits and 1,200 inpatient admissions and consultations.

Faculty

The Division has 14 full-time and four part-time faculty members and two fellows, with varied interests in clinical and translational research. Additional support is provided by five advanced practice nurses and nurses, dieticians, medical assistants, social workers, and research coordinators. Three faculty joined the Division in 2018.

Ayanna Butler-Cephas, M.D.
Assistant Professor

B.S.
Washington University, St. Louis, MO, 2003

M.D.
Rosalind Franklin University of Medicine & Science, N. Chicago, IL, 2008

Postdoctoral Training
Residency, Pediatrics
Advocate Health Care/Advocate Christ Medical Center, Oak Lawn, IL, 2008 – 2011

Fellowship, Pediatric Endocrinology
Emory University School of Medicine, Atlanta, GA, 2011 – 2014

Interests
Growth and puberty
Huay-Lin Lo, M.D.
Assistant Professor

B.S., with highest honors
UT Austin, 2008

M.D.
UT Southwestern, 2012

Postdoctoral Training
Residency, Pediatrics
Baylor College of Medicine, Houston, TX, 2012 – 2015
Fellowship, Pediatric Endocrinology
UT Southwestern, 2015 – 2018

Interests
Type 1 diabetes, Type 1 diabetes in a residential camp setting

Ming Yang, M.D.
Assistant Professor

B.A.
Rice University, Houston, TX, 2008

M.D.
UT Health Science Center, San Antonio, 2012

Postdoctoral Training
Residency, Pediatrics
UT Southwestern/Children’s, 2012 – 2015
Fellowship, Pediatric Endocrinology
UT Southwestern, 2015 – 2018

Interests
Adrenal disorders, thyroid cancer, relationship between obesity and metabolic health and hyposialylation of IgG in adolescent patients

Honors / Awards

Best Pediatric Specialists in Dallas, D Magazine
- Soumya Adhikari
- Bryan Dickson
- Ellen Grishman
- Ryan Stewart
- Grace Tannin
- Perrin White

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

Nivedita Patni
- Promotion to Assistant Professor

Ming Yang
- Focus on Fellows Travel Award, American Diabetes Association
- Early Career Forum Travel Award, Endocrine Society
Invited Lectures

Nivedita Patni

- Pediatric Grand Rounds, Department of Pediatrics, Children’s Health, Dallas, TX, Marcy 2018
  - “Lipodystrophy Syndromes: When Low Body Fat is Detrimental”

Perrin White

- Schteingart Lecture, University of Michigan, Ann Arbor, MI, October 2018
  - “Congenital Adrenal Hyperplasia, Then and Now”

Conference Presentations

Endocrine Society Annual Meeting, Chicago, IL, March 2018

Patni N, Quittner C, Garg A.

Poster, “Orlistat Therapy for Children with Type I Hyperlipoproteinemia”

Mejia-Otero J, Grishman E, Patni N.

Poster, “Diazoxide for the Treatment of Hypoglycemia Resulting from Dumping Syndrome in a Pediatric Patient”
(Received ‘Featured Poster’ Award)

Yang M, Patni N.

Poster, “Use of rhIGF-1 Therapy in 3-M Syndrome: Clinically Unhelpful and Possibly Deleterious”

Other Conferences


North American Cystic Fibrosis Conference; Denver, CO, October 2018
Poster, “DEXA Use for Early Detection of Pediatric Cystic Fibrosis Related Bone Disease”

Choudhary A.

TypeOneNation Summit-Greater Dallas Chapter, Dallas, TX, January 2018
Oral Presentation, “Technology Updates in Diabetes”

Kuper LE, Lindley L, Lopez X.

World Professional Association for Transgender Health (WPATH) Biannual Meeting, Buenos Aires, Argentina, November 2018
Poster, “Gender Development Histories of Transgender Children and Youth Presenting for Gender Affirming Hormone Therapy”

Kuper LE, Moore A, Walsh B, Wallace M, Lopez X.

World Professional Association for Transgender Health (WPATH) Biannual Meeting, Buenos Aires, Argentina, November 2018
Oral Presentation, “Trajectories of Mental Health, Quality of Life, and Family Functioning Among Transgender Children and Youth Receiving Gender Affirming Medical Care: A 1 Year Follow up Study.”

Lopez X.
Pediatric Endocrine Society Annual Meeting, Toronto Canada, May 2018
“Ethical Considerations and Challenges Regarding Gender-Affirming Hormone Therapy in Children and Adolescents with Gender Dysphoria/Incongruence: An Evidence-Based Discussion”

Patni N, Vuitch F, Garg A.

Lipodystrophy 2018: A Satellite Symposium to the American Diabetes Association, Orlando, FL, June 2018
Poster, “Post Mortem Findings in a Young Male with Congenital Generalized Lipodystrophy”

Victor EC, Simpson V, Berthet-Miron M, Gupta OT, Barlow SE.

The Obesity Society, Nashville, TN, November 2018
Poster, “Development of Children’s Brief Binge Eating Questionnaire (CBBEQ) in Pediatric Obesity Clinic”
Poster, “Mental Health Screenings for Youth in a Specialty Care Clinic”

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.
Pediatric Endocrinology

Research Activities

Pediatric endocrinology faculty are involved in both clinical and translational research. 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 conducts research on lipodystrophies, dyslipidemias and progeroid syndromes at the Center for Human Nutrition at UT Southwestern. Recent work has included the description of a novel syndrome of generalized lipodystrophy associated with pilocytic astrocytoma, studies of children with familial partial lipodystrophy, Dunnigan variety (FPLD2), collaborative work identifying a novel generalized lipodystrophy-associated progeroid syndrome (GLPS) due to a specific mutation in LMNA gene, and autosomal recessive Wiedemann-Rautenstrauch syndrome (WRS) or neonatal progeroid syndrome due to a novel locus on POL3RA gene. 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 colestevlam and liraglutide, respectively, in the treatment of type 2 diabetes in adolescents.
- Dr. Grace Tannin participates in research on the use of longer-acting forms of growth hormone to help diminish the burden of growth hormone therapy for children and their families.

Clinical Activities

Clinical and translational research activities in the division encompass a wide range of investigator-initiated and sponsored studies of diabetes, adrenal diseases, lipid disorders and gender dysphoria.
Inpatient Services

The Division provides direct oversight to a dedicated endocrinology service, which is currently integrated as the “Blue-Endocrine” Pediatric Medicine team. In 2018 this service admitted 592 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 615 inpatient consultations in 2018, with a total of 3,885 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 2018, the Division’s attending physicians performed 14,174 outpatient visits and supervised ~6,500 visits by non-physician providers. The physician totals included 2,709 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>2017 Sessions Per Week</th>
<th>2018 Sessions Per Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dallas Endocrinology and Diabetes</td>
<td>44</td>
<td>44</td>
</tr>
<tr>
<td>Legacy</td>
<td>18</td>
<td>18</td>
</tr>
<tr>
<td>Texas Health Dallas</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:** 08/2015 – 07/2018

Perrin White

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

Peer-Reviewed Publications


