Dr. Elena Christofides Co-Authors Clinical Study in Diabetes Care

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COLUMBUS, OH - July 23, 2025 -
Columbus, OH - Dr. Elena A. Christofides, MD, FACE, a respected authority in metabolic and adrenal health and founder of Endocrinology Associates, has co-authored a groundbreaking peer-reviewed clinical study published in Diabetes Care, the official journal of the American Diabetes Association.

The article, titled ?Prevalence of Hypercortisolism in Difficult-to-Control Type 2 Diabetes: A Cross-Sectional Study?, provides compelling new evidence suggesting that a significant number of patients with hard-to-manage Type 2 diabetes may be living with undiagnosed hypercortisolism ? a hormonal imbalance that can severely affect glycemic control.

?We?ve long suspected that patients with poorly controlled Type 2 diabetes may have underlying hormonal imbalances that go undetected. This study helps bring those suspicions into scientific focus, and I?m proud to contribute research that could change how we screen and support these high-risk patients,? said Dr. Elena Christofides, MD, FACE.

The cross-sectional study is one of the first large-scale investigations to explore the correlation between hypercortisolism and uncontrolled Type 2 diabetes. Its findings suggest a need for more comprehensive endocrine screening protocols for diabetic patients whose condition remains unresponsive to standard therapies. Dr. Christofides' deep clinical experience with adrenal disorders and hormonal imbalance made her an instrumental voice in the research process.

As diabetes rates continue to rise globally, so too does the urgency to understand the full spectrum of physiological contributors that impact disease control. Hypercortisolism, often caused by disorders of the adrenal glands such as Cushing's syndrome, leads to elevated cortisol levels in the body ? a condition known to worsen insulin resistance, increase glucose levels, and impair metabolic function. Yet despite its known effects, hypercortisolism remains underdiagnosed in diabetic populations, especially those already struggling with standard treatment protocols.

The study found a higher-than-expected prevalence of hypercortisolism in individuals with difficult-to-control Type 2 diabetes. According to the research team, this finding underscores the necessity for physicians to consider adrenal dysfunction as a possible contributing factor when encountering resistant cases of diabetes.

Dr. Christofides? contribution to the study is an extension of her ongoing work to improve diagnostic precision in endocrine disorders. At Endocrinology Associates in Columbus, Ohio, she and her team are known for their detailed patient assessments and customized treatment strategies that address not only common metabolic concerns like diabetes and thyroid dysfunction, but also complex adrenal, pituitary, and reproductive hormone disorders. Her involvement in this research aligns with the clinic?s broader mission: to bridge clinical practice and scientific discovery to improve health outcomes.

In addition to raising awareness about the clinical overlap between hypercortisolism and diabetes, the publication also introduces further study opportunities. Future investigations may determine whether early screening for cortisol imbalances in at-risk diabetic patients leads to more effective interventions and improved glycemic control. The research paves the way for a reexamination of traditional diabetes care models, particularly in addressing secondary hormonal conditions that may go unnoticed.

Endocrinology Associates is currently accepting new patients and continues to serve as a regional leader in personalized, research-informed endocrine care.

About Endocrinology Associates

Endocrinology Associates is an adults-only specialty clinic run by Dr. Elena Christofides. She is an expert endocrinologist and medical researcher recognized for helping patients manage various conditions, including diabetes, weight management, osteoporosis, hypertension, pituitary disorders, male and female hormone replacement, infertility, and more. Under her guidance, the highly experienced staff at Endocrinology Associates has made a name for themselves for offering extremely customized and comprehensive care to their patients and solving complex referral cases. Metabolism affects everything you do, and Endocrinology Associates is the manual that will help explain the difficult and complex machine that is the body.
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