Daman

METABOLIC & ENDOCRINE DISORDERS

Understanding the Conditions That Impact Hormones, Metabolism, and Overall Health

What Are Endocrine & Metabolic Disorders?

The endocrine system is made up of glands that produce hormones responsible for regulating metabolism, growth, reproduction, mood, sleep, and energy levels. Endocrine and metabolic disorders occur when hormone production is excessive, insufficient, or when the body's tissues do not respond appropriately to hormonal signals.

Read more: Endocrine Diseases & Metabolic Diseases - Research - NIDDK

Common Endocrine & Metabolic Disorders

01 | Diabetes Mellitus

A chronic metabolic disease characterised by elevated blood glucose due to insufficient insulin production, insulin resistance, or both.

Key Symptoms
- Excessive thirst
- Frequent urination
- Increased hunger
- Blurred vision
- Fatigue

Potential Complications
- Heart disease
- Stroke
- Kidney disease
- Nerve damage
- Vision loss

02 | Thyroid Disorders

Hypothyroidism
An underactive thyroid gland leads to slow metabolism.

Symptoms
- Weight gain
- Fatigue
- Dry skin
- Constipation
- Cold intolerance

Hyperthyroidism
An overactive thyroid gland causes increased metabolic activity.

Symptoms
- Weight loss
- Rapid heartbeat
- Anxiety
- Excessive sweating
- Tremors

03 | Obesity & Metabolic Syndrome

Metabolic syndrome is a cluster of conditions that significantly increases the risk of heart disease, stroke, and type 2 diabetes.

Risk Factors
- Abdominal obesity
- High blood pressure
- Elevated blood glucose
- High triglycerides
- Low HDL cholesterol

04 | Polycystic Ovary Syndrome (PCOS)

One of the most common hormonal disorders affecting women of reproductive age.

PCOS is associated with increased risks of diabetes, obesity, and cardiovascular disease.

Common Signs
- Irregular menstrual cycles
- Excess facial or body hair
- Acne
- Difficulty conceiving
- Weight gain
- Insulin resistance

05 | Osteoporosis & Bone Metabolism Disorders

Hormones such as estrogen, testosterone, parathyroid hormone, and vitamin D play critical roles in maintaining bone health.

Risk increases with age, especially after menopause.

Warning Signs
- Fragility fractures
- Loss of height
- Back pain
- Poor posture

06 | Vitamin D Deficiency

Vitamin D acts like a hormone and is essential for bone health, immune function, and muscle strength.

Vitamin D deficiency is common in the Middle East despite abundant sunlight.

Symptoms
- Fatigue
- Bone pain
- Muscle weakness
- Frequent infections

07 | Adrenal Gland Disorders

The adrenal glands produce hormones such as cortisol and aldosterone.

08 | Cushing Syndrome

Caused by excess cortisol.

Symptoms
- Weight gains around the abdomen and face
- High blood pressure
- Muscle weakness
- Elevated blood sugar

09 | Addison's Disease

Occurs when the adrenal glands do not produce enough hormones.

Symptoms
- Chronic fatigue
- Weight loss
- Low blood pressure
- Dizziness

10 | Growth Hormone Disorders

Growth hormone disorders can affect both children and adults.

Growth Hormone Deficiency May cause:
- Delayed growth in children
- Reduced muscle mass
- Fatigue
- Increased body fat

When Should You Seek Medical Advice?

It is recommended to consult a healthcare provider if you experience persistent or unexplained symptoms, such as:

- Persistent fatigue
- Unexplained weight changes
- Excessive thirst or urination
- Hair thinning or hair loss
- Mood changes or depression
- Irregular menstrual cycles
- Sleep disturbances
- Difficulty concentrating
- Changes in heart rate

Protect Your Hormonal Health:

Eat for Metabolic Wellness
- Vegetables and fruits
- Whole grains
- Lean protein
- Healthy fats

Know Your Numbers
Monitor:
- Blood glucose
- Blood pressure
- Cholesterol
- Body weight
- Vitamin D levels

Stay Active
Aim for at least **150 minutes** of moderate-intensity activity per week.

Prioritise Sleep
Adults should target **7-9 hours** nightly.

Schedule Regular Screenings
Early diagnosis greatly improves outcomes for most endocrine and metabolic disorders.

Did You Know?

- The endocrine system consists of glands that produce hormones responsible for regulating growth, metabolism, reproduction, sleep, mood, and energy levels. **[endocrine.org]**
- Diabetes, thyroid disorders, and obesity are among the most common endocrine and metabolic conditions worldwide. **[niddk.nih.gov]** **[endocrine.org]**
- Regular health screenings can help detect many endocrine disorders before serious complications develop. **[endocrine.org]**
- Vitamin D is essential for bone health, muscle function, and immune support

Treatment and Management of Endocrine & Metabolic Disorders

Treatment depends on the specific condition, its severity, and individual health needs. Many endocrine and metabolic disorders can be effectively managed through a combination of healthy lifestyle modifications, regular monitoring, and medical treatment when required. Common treatment approaches may include prescribed medications, hormone replacement therapy, insulin therapy for diabetes, nutritional counseling, weight management strategies, physical activity, and ongoing follow-up with healthcare professionals. Early diagnosis and adherence to treatment plans can help control symptoms, reduce complications, improve quality of life, and support long-term health and well-being.

Remember: Never stop or change prescribed medications without consulting your healthcare provider. Regular medical reviews and health screenings play an important role in achieving optimal hormonal and metabolic health.

Take Charge of Your Health Today



Small daily habits can have a big impact on your hormonal and metabolic health. Regular screenings, healthy eating, physical activity, quality sleep, and stress management are powerful tools for preventing many endocrine and metabolic disorders.

Know the signs. Get screened. Stay healthy.

How Daman Supports Members with Endocrine Diseases

Daman supports members living with endocrine and metabolic disorders through a range of health and wellness initiatives designed to promote early detection, disease awareness, and better health outcomes. Support includes health education through newsletters, webinars, and onsite awareness sessions covering conditions such as diabetes, thyroid disorders, obesity, metabolic syndrome, and other hormone-related conditions. Members are encouraged to participate in preventive health screenings and adopt healthy lifestyle practices to better manage their health.

In addition, Daman offers care coordination and follow-up support through its Disease Management Programmes for eligible members with chronic conditions, helping them understand their condition, adhere to treatment plans, and make informed healthcare decisions. Through ongoing engagement, education, and preventive care initiatives, Daman aims to empower members to take control of their health, reduce the risk of complications, and improve their overall quality of life.

Read More

Endocrine Disorders: Types, Causes, Symptoms, and Treatments
Diabetes and Endocrine Function | Endocrine Society
Hormones and Endocrine Function | Endocrine Society