

New Endo Center is a leading hub for wellness

By JENNIFER LEAVITT-WIPF

The endocrine system is a collection of hormone-releasing glands that are instrumental in regulating metabolism, growth, tissue function, development, puberty, and — to some extent — mood. It interacts with every major organ. A glitch in just one gland can wreak systemic havoc. Although the most common problems include diabetes, thyroid disease and obesity, there are many other endocrine conditions that can also compromise health.

Scarsdale Medical Group recognized the need for a center that focused on the entire endocrine system, and the entire individual, addressing not only the medical management of each condition, but the nutritional, lifestyle, social and emotional aspects as well.

While “endocrinology” includes blood glucose and insulin management, diabetes is specific enough and common enough to receive its own billing. That’s how the Diabetes and Endocrinology Center of Scarsdale Medical Group came to be. In addition to the center’s multidisciplinary approach — with physicians, certified diabetes educators, registered dietitians, nurses and medical assistants — the entire team is dedicated to up-to-the-minute technology that improves management and enhances quality of life.

Areas of treatment include diabetes, hyperparathyroidism, polycystic ovary disease, bariatric surgery consultation, blood lipid management, adrenal and pituitary function, weight and nutrition management, osteoporosis, hypocalcaemia, infertility, thyroid and metabolic disorders.

Staff provides nutrition counseling

for patients who are pregnant or lactating, have cardiovascular or renal disease, eating disorders, cancer, diabetes, allergies, gastrointestinal or other disorders. They also work with geriatric patients, who have special nutritional needs.

The center’s physicians and other professionals specialize in comprehensive diabetes management for types 1 and 2, gestational and prediabetes, including standard and continuous blood glucose monitoring devices, insulin pens and state-of-the-art pumps.

“Diabetes, despite what many individuals still believe, is not just a ‘little sugar,’” said the group’s Dr. David Bloomgarden. “Aggressive control of blood glucose values is necessary to prevent many of the dreaded complications. The support of an education team including a nutritionist and a certified diabetes educator is invaluable. Patients and family need to know what the goals are in order to be successful.”

All three physicians at the center are clinical endocrinologists, board certified in internal medicine and endocrinology, and attending at White Plains



David Bloomgarden, M.D.



Elizabeth DeRobertis, R.D.

Hospital Center.

Dr. Bloomgarden, a Scarsdale resident, graduated from New York University School of Medicine and went on to his internal medicine internship and residency at Albert Einstein College of Medicine, where he also completed his endocrine fellowship. Bloomgarden is on the board of directors of the American Diabetes Association’s research foundation, and has been an ADA volunteer for 25 years.

Elizabeth Kunreuther, M.D., a graduate of Harvard Medical School, completed her residency in internal medicine at Brigham & Women’s Hospital in Boston, and her endocrinology fellowship at Presbyterian Hospital, Columbia University Medical Center. She has been a member of ADA and the Endocrine Association for five years.

James Mandac, M.D. graduated from Albert Einstein College of Medicine. His internal medicine internship and residency were at Mt. Sinai Hospital, his endocrinology fellowship at New York Presbyterian Hospital’s Weill Cornell Medical Center and Memorial Sloan-Kettering Cancer Center.

Both of the center’s registered dietitians earned their master’s degrees in clinical nutrition from New York University and completed clinical internships at the Bronx VA Medical Center.

The Diabetes and Endocrinology Center of Scarsdale Medical Group uses a multidisciplinary approach to treat diabetes.

Elizabeth DeRobertis, R.D., of Scarsdale is a certified diabetes educator of more than 10 years. She specializes in blood glucose control and continuous monitors. She has consulted with leading companies, including the American Diabetes Association. Patients can learn more about DeRobertis at www.nutritionistliz.com.

Jamie Kesmodel, R.D., led research on micronutrient metabolism at the Bronx VA. An avid cook and food expert, Kesmodel develops and tests recipes, researches products and offers her clients advice accordingly, some of which can be found at www.eatwellct.com.

The entire staff is very enthusiastic about the cutting edge technology they are privy to and have been introducing to their clients. Another great success has been the venting groups for teens with diabetes, including a separate group for their parents, and a clinical psychologist on board to help make the meetings especially productive.

Some patients may want to avail themselves of all the services provided, while others will only opt for the most basic clinical necessities, but the staff believes it is important that they have that choice.

The center is at 550 Mamaroneck Ave., in Harrison. It may be reached at 723-8100.