

Diabetes & Endocrinology



The exemplary team of physicians, caregivers and researchers at Baylor St. Luke's Medical Center continues to push the boundaries of what is possible in patient care through meaningful medical advancements and notable clinical achievements. This document highlights just a few of the stories that reflect our commitment to advanced services, innovative technology and forward-thinking care. Together, these accomplishments demonstrate how we remain at the forefront of medicine—bringing leading-edge solutions, improved outcomes and exceptional care to the patients and communities we serve.

Baylor St. Luke's Medical Center at the forefront of new standards in diabetes care.

New clinical recommendations from the American Diabetes Association (ADA) for 2026 highlight major advances in technology, obesity medications, nutrition, and comprehensive care for people with diabetes and prediabetes. The standards, which are updated yearly, reflect the latest scientific research and clinical trial evidence for diagnosing, preventing, and treating diabetes in children and adults.

Dr. Mandeep Bajaj, Chief, Section of Endocrinology at Baylor St. Luke's Medical Center, led this national and international effort as co-chair of the ADA's Professional Practice Committee.

A key focus of the 2026 recommendations is diabetes technology. Continuous glucose monitoring is now recommended from the time of diagnosis and at any point thereafter for individuals who could benefit from it. Earlier and more flexible access to insulin pumps or automated insulin delivery systems have also improved glucose control and quality of life for many people living with diabetes.

New recommendations address individualized dosing of obesity medications for people with diabetes, treatment of obesity in those with type 1 diabetes, and medication use in individuals with chronic kidney disease, including

those on dialysis. Additional guidance highlights the benefits of therapies beyond blood sugar control, such as cardiovascular, kidney, and liver protection.

The recommendations identify eating patterns with strong evidence for preventing type 2 diabetes, including Mediterranean-style and low-carbohydrate diets; and reinforce the importance of regular physical activity as part of overall metabolic health.

Updates to diabetes management include new guidance for people undergoing cancer treatment or organ transplantation, as well as revised blood pressure targets. Tighter blood pressure goals are recommended for individuals at high cardiovascular or kidney risk, while more flexible targets are advised for most older adults. Screening and monitoring for individuals at risk of type 1 diabetes has also been expanded, including the use of diabetes technology.

The new standards also cover the impact of diabetes distress, anxiety, and other mental health concerns; and emerging treatments for complications such as heart failure, kidney disease, and diabetic foot ulcers.

[Download the complete Standards of Care in Diabetes—2026](#)

Endocrine surgeons at Baylor St. Luke's Medical Center specialize in minimally invasive ablation therapy for most common type of thyroid cancer.

Baylor St. Luke's Medical Center surgical specialists in thyroid cancer offer a minimally invasive alternative for patients with papillary thyroid cancer, the most common type of thyroid cancer.

The procedure, called thyroid radiofrequency ablation (RFA), targets only the cancerous or problematic tissue while leaving the rest of the thyroid intact, allowing the gland to continue functioning normally.

The thyroid is a butterfly-shaped gland in the neck that produces hormones controlling the body's metabolism. It regulates energy use, heart rate, digestion, body temperature, growth, brain development, and bone health.

Autoimmune conditions can lead to hypothyroidism, a condition where the thyroid gland produces too much thyroid hormone. This can often cause nodules on the thyroid. Many thyroid nodules are benign and may

not cause noticeable symptoms. Sometimes they can grow large enough to cause swelling, discomfort or difficulty swallowing. In a small percentage of cases, the nodules can grow and become cancerous.

A range of treatment options includes removing the thyroid (thyroidectomy), which often results in the need for lifelong thyroid hormone replacement. But for many patients with small, localized thyroid cancers or benign nodules, RFA is a preferable approach.

This option is an outpatient procedure that allows patients to return home the same day. RFA not only reduces the risk of complications but also helps maintain a higher quality of life for patients who want to avoid the permanent effects of thyroid removal.

[Read about one patient's experience with RFA](#)



Baylor St. Luke's Medical Center surgeons use robotic-assisted approach to remove adrenal gland tumors.

Baylor St. Luke's Medical Center endocrine surgeons specialize in treating adrenal gland tumors and offer advanced robotic techniques that are much less painful for the patient and speed up recovery time.

Adrenal glands regulate everything from metabolism to the body's stress response. They sit on top of the kidneys and produce hormones like cortisol, which helps manage stress by increasing blood sugar for energy, regulating metabolism, controlling blood pressure, and reducing inflammation. They also aid in immunity, sleep, and memory. Though not well understood why, these glands can form tumors—chronic stress being one probable cause. The tumors can produce too much cortisol, leading to weight gain, sleep issues, and mood changes. Over time, those tumors can wreak havoc on the body, leading to other serious

conditions like diabetes and Cushing's syndrome.

Surgery to correct cortisol-producing tumors can make a major difference in a patient's quality of life. Baylor St. Luke's surgeons perform the advanced procedure, called an adrenalectomy, using robotic technology and a posterior approach for the surgery that involves going through the back instead of the front of the abdomen.

Baylor St. Luke's endocrine surgeons using this advanced procedure produce much improved patient outcomes. They work in a team-based model that allows for more coordination and patient support, from a patient's preoperative workup to post-op visits via telemedicine.

[Read this patient's success story after undergoing adrenal gland surgery](#)