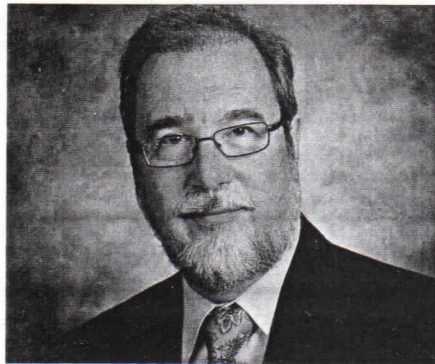


THE PHYSICIAN EXPERIENCE

alabama endocrinologist moves "outside the box"

By **Bruce S. Trippe, MD, FACE**, Director, Diabetes Treatment/Prevention Center,
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"Endotheliologist" is what this senior endocrinologist describes as his new moniker. Bruce Trippe, MD, FACE, is a founding member of the American College of Endocrinology with more than 30 years' experience as a board-certified endocrinologist in Montgomery, Alabama. In his opinion, the largest endocrine organ is the endothelium, which is why he likes to be known as an endotheliologist, as well as an endocrinologist. A significant number of his patients seek his help because of intractable metabolic conundrums, including complicated diabetes, dyslipoproteinemias, early atherosclerotic cardiovascular disease (ASCVD), metabolic bone disease, and the full spectrum of thyroid, pituitary, and adrenal hormone imbalances.

The comprehensive advanced testing of HDL, Inc. provides, as he says, "a global look into the health status of his patients from the inside out," and he is excited and extremely motivated to be able to more effectively treat his patients with this additional knowledge. Targeting vasculopathies, for instance, with the innovative diagnostic tools provided by HDL, Inc. along with dietary and lifestyle recommendations, allows Dr. Trippe to work with his patients to control coagulation issues and ensure that they minimize their risk of future strokes or heart attacks. By testing in combination, biomarkers of dyslipoproteinemia, inflammation, oxidative stress, and dysglycemia/insulin

resistance, then focusing therapeutic efforts to reverse any "high risk" indicators, this endocrinologist knows he is preventing future vascular events.

Dr. Trippe feels that "advanced testing" is an oxymoron since ASCVD is a pediatric phenomenon. The user-friendly HDL, Inc. report provides an overall snapshot into the patient's risk profile. "Once you understand the biomarker results, you can choose more appropriate and individualized therapy, with greater efficacy and safety," he says. In fact, he recommends that patients' entire families, not just the patient, come in for testing to give themselves the opportunity to "address the reds" and optimize their future health.

His focus on the metabolic syndrome and insulin resistance is driving this diabetologist into prevention, rather than treatment, although he is a leading insulin pump provider for patients who have found themselves behind the game. HDL, Inc. works with his practice and seeks his advice especially now that pre-diabetes is so prevalent. Novel, fascinating biomarkers, to add to our armamentarium, are on the horizon in this foundation of metabolic pathologies.

Dr. Trippe invites us all to think outside the box with the availability of newer biomarkers of chronic diseases, e.g., for sterol synthesis/absorption, myocardial stress, coagulation genetics, omega-3 and omega-6 fatty acid levels, and metabolic disease. Metabolic markers such as glucose, HbA1C, free fatty acids, insulin and adiponectin, are valuable screening tools for all clinicians, especially given the current obesity epidemic. By more effectively tailoring therapy and encouraging healthy lifestyle changes, such tests provide unprecedented insight that can really help reverse and prevent disease.