

Ridha Arem, MD, FACP, FACE, an Endocrinologist with Texas Thyroid Institute

Get to know Endocrinologist Dr. Ridha Arem, who serves patients in Houston, Texas.



New York City, Dec 23, 2020 (IssueWire.com) - Dr. Arem, a world-renowned endocrinologist, is the Director of the Texas Thyroid Institute in Houston, Texas. His approach emphasizes the use of antioxidants, mind-body techniques, and complete health and nutrition. He also provides comprehensive counseling on the use of hormones, including estrogen/progesterone replacement therapy for women going through the hormonal transition or who are menopausal.

Addressing the entire spectrum of conditions and suffering often associated with thyroid disorders, he has long developed a comprehensive mind-body approach in his management of thyroid patients. This includes: addressing the mental aspects of thyroid imbalance, using innovative individual thyroid treatment with precise dosage titration of medication, and providing lifestyle and nutritional counseling. At the Texas Thyroid Institute, he provides a comprehensive weight loss program, including diet and counseling for successful, long-term weight loss.

Designed by Dr. Arem, the Thyroid Wellness program uses a holistic approach to provide humans the most accurate and science-based tools to overcome and address the effects and root cause of thyroid and immune system-related sufferings. It is based on five fundamentals: individualized fine-tuning of medications for perfect thyroid hormone balance; addressing the root cause of thyroid disease - the immune system reactivity; meticulously addressing weight issues; addressing common confounding factors of wellness and quality of life; as well as watching and addressing any potential long-term consequences of thyroid disease.

1976 first of his class graduate of *La Faculté de Médecine de Tunis* (French Curriculum Medical School) and a pioneer in T4 and T3 combination therapy for the treatment of hypothyroidism, Dr. Arem received postgraduate training in Paris at Cochin Hospital and College de France with Professor Raymond Michel, one of two world researchers who discovered T3, the active form of thyroid hormone. He received further postgraduate training in internal medicine at South Baltimore General Hospital and at The Johns Hopkins Hospital. He then completed his fellowship in endocrinology and metabolism at the Baylor College of Medicine, after which he joined its faculty.

In his professional experience, he served as the Chairman of the Thyroid Committee in the International Consortium on the effects of radiation exposure on health-related to the Chernobyl accident from 1993 to 1998; was involved in developing educational and research programs related to thyroid effects in former Soviet Bloc Countries, and served as the Editor-in-Chief of *Clinical Thyroidology's* periodical published from 1988 to 2000.

For several years, Dr. Arem served as a full-time faculty member at Baylor College of Medicine. Initially as an Assistant Professor of Medicine, then as an Associate Professor of Medicine, and finally as a Clinical Professor of Medicine. While serving as a full-time faculty member, he also served as the Chief of Endocrinology at Ben Taub General Hospital, a major teaching hospital affiliated with Baylor College of Medicine, and as the Medical Director of the Endocrine Laboratory at Houston Methodist Hospital.

In addition to teaching medical students and physicians-in-training, he has extensively lectured locally, nationally, and internationally on thyroid disorders. He has also given numerous educational conferences organized by numerous patient educational organizations.

Recognized as the premier Houston thyroid specialist, Dr. Arem is board-certified in internal medicine & endocrinology, diabetes, and metabolism by the American Board of Internal Medicine (ABIM). The ABIM is a physician-led, non-profit, independent evaluation organization driven by doctors who want to achieve higher standards for better care in a rapidly changing world.

Showing outstanding performance in his field, he is a Fellow of the American College of Physicians (FACP) and a Fellow of the American College of Endocrinology (FACE). In addition, he is a member of the Endocrine Society, the American Thyroid Association, and the American Association of Clinical Endocrinologists.

With a focus on thyroid disease and metabolism, Dr. Arem is the best-selling author of 'The Protein Boost Diet: Improve Your Hormone Efficiency for a Fast Metabolism and Weight Loss' & 'The Thyroid Solution: A Revolutionary Mind-Body Program for Regaining Your Emotional and Physical Health.' He is also the author of over 40 peer-reviewed articles & the Founder of Clinical Thyroidology, an official publication of the American Thyroid Association.

Endocrinology is a branch of biology and medicine dealing with the endocrine system, its diseases, and its specific secretions known as hormones. Endocrinologists have the training to diagnose and treat hormone imbalances and problems by helping to restore the normal balance of hormones in the body. The common diseases and disorders of the endocrine system that endocrinologists deal with include diabetes mellitus, as well as adrenal, pituitary, and thyroid disorders, among others.

An authority in his field, Dr. Arem has participated in over 20 national TV shows and over 50 radio shows, including NPR, related to thyroid disorders. He has also been featured in numerous national magazines and newspapers, including The Wall Street Journal, Home Ladies Journal, Woman's World, and Newsweek Magazine (listed as one of the Top Physicians in the Country, 2011). He attributes his success to his early motivation and dedication to follow an academic career and to follow his passion to learn more in-depth about the thyroid gland, its disorders, and effects.

On a more personal note, Dr. Arem's favorite place to vacation is in Italy. In his spare time, he enjoys reading, watching sports, swimming, watching movies, and exercising.

Learn more about Dr. Ridha Arem:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/2410116-Ridha-Arem-Endocrinology-Diabetes> or through Thyroid Wellness, <https://thyroidwellness.com/pages/meet-dr-arem>

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