

## Zubair Baig Mirza, MD, an Endocrinologist with Houston Endocrine Center

Get to know Endocrinologist Dr. Zubair Baig Mirza, who serves patients in Texas.



**New York, New York City, Aug 24, 2021 ([Issuewire.com](http://Issuewire.com))** - Dr. Mirza is a highly trained endocrinologist at Houston Endocrine Center, operating out of the offices in Houston and Spring, Texas. His practice is dedicated to the care of patients with diabetes, thyroid dysfunction, polycystic ovarian syndrome, osteoporosis, bone mineral disorders including vitamin D deficiency, parathyroid dysfunction, low testosterone, and metabolic disorders.

“I believe that empowering patients in the process of establishing a trustworthy doctor-patient relationship is key to successful outcomes. An endocrinology treatment plan using evidence-based medicine is not a ‘one size fits all approach” he stated.

Educated in India, Dr. Mirza graduated from a prestigious medical school, Deccan College of Medical Sciences, and moved to the United States to pursue post-graduate medical education. He did volunteer research work at Northwestern University in Chicago, Illinois.

Thereafter, he completed his residency in internal medicine at St. Luke’s Hospital in Chesterfield, Missouri, and worked as an internal medicine hospitalist physician for 3 years. He gained tremendous experience managing sick, complex acute care patients in different hospital settings. After that, Dr. Mirza pursued rigorous training focusing predominantly on inpatient glycemic management in Robert Wood Johnson University Hospital in New Jersey. He believes it is valuable in his day-to-day clinical practice as uncontrolled diabetes mellitus leads to cardiovascular complications thereby needing hospitalization.

His passion for endocrinology and diabetes led him to further pursue a two-year fellowship in endocrinology, diabetes & metabolism at the University of Arizona in Tucson where he trained in University hospital, Southern Arizona Veteran Affairs Hospital, and the respective clinics seeing a wide range of cases in both general endocrinology and diabetes.

A firm believer in lifelong learning, Dr. Mirza is board-certified in endocrinology, diabetes & metabolism, and internal medicine 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.

Practicing medicine in Texas, he is affiliated with Houston Methodist Willowbrook Hospital and Houston Methodist The Woodlands Hospital.

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.

Outside of practicing endocrinology, Dr. Mirza enjoys spending time with his family, exercising, and traveling. He speaks several languages, including English, Hindi, Telugu, and Urdu.

#### **Learn More about Dr. Zubair Baig Mirza:**

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/82735408-Zubair-Mirza-Endocrinology-Diabetes> or through Houston Endocrine Center, <https://houstonendocrinecenter.com/about-us/>

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