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Endocrine Side Effects of Modern Cancer Therapy: What Every Clinician Should Know

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Objectives: Modern cancer therapies, particularly immune checkpoint inhibitors (ICIs), have significantly improved patient outcomes. However, these therapies are associated with various immune-related adverse effects, including endocrine toxicities. This study aims to raise awareness of the common endocrine complications linked to cancer immunotherapy and provide practical insights into their recognition and management.

Materials and Methods: A narrative review of recent peer-reviewed literature and international guidelines was conducted focusing on endocrine side effects of ICIs and selected chemotherapy agents. Clinical patterns, timing of onset, diagnostic approaches, and management strategies were summarized. Real-world cases from the literature were used to illustrate typical presentations.

Results: Thyroid dysfunction, adrenal insufficiency, hypophysitis, and immune-related diabetes were identified as the most common endocrine side effects. These complications often present with nonspecific symptoms and may be misdiagnosed as primary endocrine disease or cancer progression. The onset varies, typically occurring weeks to months after treatment initiation. Early diagnosis

through hormonal panels and prompt replacement therapy significantly improves patient outcomes and allows continuation of cancer therapy.

Conclusions: Endocrine toxicities are an increasingly recognized consequence of immunotherapy. Timely diagnosis and management are critical to avoid serious complications and treatment delays. Clinicians must maintain a high index of suspicion, particularly in patients receiving ICIs, and coordinate closely with endocrinology specialists. Education and awareness across disciplines are essential for improving patient safety and quality of care.

Biography

Dr. Basant Aamer is a skilled clinician and medical specialist at Oman International Hospital, Oman. She has extensive experience in managing endocrine disorders arising from modern cancer therapies. Her clinical work focuses on early detection and management of treatment-related hormonal complications. Dr. Aamer is actively involved in educating healthcare professionals about endocrine risks in oncology care. She has contributed to case-based research aimed at improving patient safety during cancer treatment. She frequently participates in medical conferences to share updated insights on endocrine–oncology interactions. Her commitment lies in enhancing multidisciplinary care and optimizing outcomes for cancer patients.