

Dr. Ana Carolina Silva-Auerbach, DO

Board Certified in Internal Medicine and Endocrinology (AOBIM)

Founder, Endocrine Help

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PROFESSIONAL SUMMARY

Board-certified endocrinologist and Doctor of Osteopathic Medicine with over a decade of clinical and administrative experience in inpatient and outpatient settings. Founder of Endocrine Help, a consulting firm specializing in expert medical opinions for complex endocrine cases. Proven clinical expertise in management of diabetes, thyroid disease, obesity, osteoporosis, and complex general endocrine disorders. Previous lead of Endocrine department of large VA Medical center. Experienced in reviewing medical records, writing clear and objective reports, and providing strategies for case defense.

AREAS OF FOCUS

- Diabetes (Type 1, Type 2, complications, medication use)
- Thyroid disorders
- Osteoporosis and metabolic bone disease
- Insulin pumps, CGMs, and advanced technology in diabetes care
- Endocrine-related medical complications in nursing homes, hospitals, and surgical settings

EXPERT WITNESS EXPERIENCE

Founder and Medical Director of Endocrine Help, providing expert witness services since 2023. Work includes:

- Expert review of complex endocrine malpractice cases
- Written reports and affidavits for plaintiff and defense attorneys
- Special focus on delayed diagnosis, treatment errors, and standard of care analysis
- Familiarity with SNF, nursing home, and hospital systems and protocols
- NEXUS letter to assist Veteran benefit claims
- SEAK-listed expert witness

CLINICAL EXPERIENCE

LEAD ENDOCRINOLOGIST; WEST PALM BEACH VA MEDICAL CENTER — 08/2022 – 10/2025

- Lead provider for Endocrinology department at a large VA medical center.
- Member of VISN8 Endocrinology Community of Practice and national ICC.
- Direct care of complex diabetes, thyroid, thyroid cancer, and general Endocrinology cases.
- Direct care of Endocrine Disorders due to toxic exposures during combat.
- Created multiple SOPs including:
 - hypoglycemia protocol
 - Insulin pump candidate review and training protocol
- Supervised Endocrinology consult triage/management.
 - Created new and improved consult workflow to Endocrine department.
- Establish IFC with Orlando VA for complex adrenal cases.
- Reviewed planned and revisions to Endocrine related medication CFUs.
- Internal review of standards of care involving endocrine cases.

ENDOCRINOLOGIST; FLORIDA ENDOCRINE CONSULTANTS — 09/2019 – 03/2022

- Founded and led a telemedicine endocrine practice.
- Consulted for multiple hospitals and created inpatient endocrine protocols.
 - ICU DKA protocol
 - Insulin Drip Protocol

ENDOCRINOLOGIST; TENET FLORIDA PHYSICIAN SERVICES — 11/2017 – 09/2019

- Managed inpatient and outpatient endocrine care, including perioperative and ICU cases.

ENDOCRINOLOGIST; WEST FLORIDA PHYSICIANS NETWORK — 11/2015 – 07/2017

- Established endocrine service line.
- Developed dynamic testing protocols.

- Managed inpatient and outpatient endocrine care, including perioperative and ICU cases.

EDUCATION & TRAINING

ENDOCRINOLOGY FELLOWSHIP – LARKIN COMMUNITY HOSPITAL, SOUTH MIAMI, FL — 06/2013 – 2015

INTERNAL MEDICINE RESIDENCY – PALMETTO GENERAL HOSPITAL, HIALEAH, FL — 06/2010 – 05/2013

DOCTOR OF OSTEOPATHIC MEDICINE – NOVA SOUTHEASTERN UNIVERSITY, DAVIE, FL — 2006 – 2010

B.S. MICROBIOLOGY AND MOLECULAR SCIENCES – UNIVERSITY OF FLORIDA, GAINESVILLE, FL — 2006

BOARD CERTIFICATIONS

- Internal Medicine – American Osteopathic Board of Internal Medicine (AOBIM)
- Endocrinology, Diabetes & Metabolism – American Osteopathic Board of Internal Medicine (AOBIM)