



Dr. Rafael Real

Specialties

Internal Medicine, Endocrinology

Dr. Rafael Real, founder of the Diabetes Clinic at Hospital General Pumarejo has served the needs of thyroid and endocrine patients in the Matamoros area for over 20 years. Dr. Real attended medical school at Universidad Autonoma de Nuevo Leon in Monterrey, and completed his residency in Internal Medicine as well as his subspecialty in Endocrinology at the Hospital Universitario in Monterrey. Additionally, Dr. Real completed a year long rotation in Lipidology with internationally recognized diabetes and atherosclerosis expert, Dr. George Steiner at Toronto General Hospital in Canada. Dr. Real is Board Certified in Internal Medicine and Endocrinology, serves on teaching faculty at Tec de Monterrey Medical School in Nuevo Leon and is involved in Phase 4 and post-marketing surveillance research for several pharmaceutical manufacturers. He has published several articles in prestigious Mexican endocrinology journals such as El PAC and wrote a chapter on pituitary gland changes during pregnancy for a Molecular Biology textbook which is utilized nationally within medical schools. His focus is the diagnosis and treatment of diabetes, thyroid disorders, general hormone imbalances, metabolic syndrome and obesity. Dr. Real is very knowledgeable on the latest pharmaceutical innovations available to treat diabetes and participates in several advisory boards and speaking bureaus for Glaxo, Roche, Eli Lilly, Merck and Novo.