



Nicola Abate, MD, FACP, FNLA, CDE

Get to know Endocrinologist Dr. Nicola Abate, who serves patients in Webster and Baytown, Texas.

Dr. Abate is Co-Director of the Diabetes, Lipid and Weight Loss program at the Bay Area Metabolic Health Clinic in both Webster and Baytown locations.

Dr. Abate received his medical degree in 1985 from the University of Modena and Reggio Emilia - School of Medicine, in Italy. Upon relocating to the United States, Dr. Abate trained in Internal Medicine and Endocrinology at the University of Texas Southwestern Medical Center in Dallas. He was Director of the Lipid and Heart Disease Prevention Clinic at UT Southwestern from 1998 to 2008. He then moved to the Galveston area as Professor of Medicine and Chief of the Endocrinology Division and Director of the Stark Diabetes Center and Endocrine Clinics at UTMB, a position he held until May 2019.

Dr. Abate is board-certified in Internal Medicine by the American Board of Internal Medicine (ABIM), in Lipidology by the American Board of Clinical Lipidology (ABCL) and in Obesity by the American Board of Obesity (ABOM). He also holds professional memberships with the Obesity Society, the American Endocrine Society, the American Association of Clinical Endocrinologists, the American Diabetes Association, and the American College of Physicians.

During his 25 + years of academic and clinical work, Dr. Abate has published over 100 research articles and book chapters in the field of lipids, diabetes, obesity and the metabolic syndrome; mentored several endocrinology fellows and developed new programs to prevent diabetes and complications of diabetes, including cardiovascular disease. His work is well recognized both Nationally and Internationally. He attributes his success to great mentors and his passion for science and medicine. The overarching goal of his clinical and research work is to reduce risk for diabetes and its complications in Texas.