

Endocrine News

Helping your endocrinology knowledge grow!

AGE IS JUST A NUMBER... RIGHT?



If you've spent much time around Creedmoor Centre, you've probably heard the term "hyperthyroidism" thrown out before. It's a thyroid disorder that involves an imbalance of hormones in the thyroid.

Subclinical hyperthyroidism is a mild form in which only one hormone level is affected. This is much more common than hyperthyroidism. A recent study performed by the American Thyroid Association looked at subclinical hyperthyroidism and age: does the age at which you are

diagnosed affect the length of your life?

The study showed that age of diagnosis does make a difference: patients under 65 years of age had potential cardiovascular consequences, which can affect life span. What does this mean for you? If you have any thyroid issues, or any symptoms of potential thyroid problems, visit your endocrinologist. A doctor can give you a proper diagnosis, and if you are in that population, he or she can give you the treatments you need to prevent other consequences, allowing you to live the best life possible!

NEW YEAR, NEW YOU!

Happy New Year! It's the New Year, which means it's time to set new goals: you're planning New Year's Resolutions and looking at the past year to see what you can do differently in 2015.

This year, treat yourself! Taking the time now to care for yourself and your health means you'll have more time to enjoy life down the road.

Don't forget, at Creedmoor Centre Endocrinology we're here for you, and we want this year to be your best one yet. If you need to see an endocrinologist, don't wait. Give us a call and get your New Year started out on the right foot!



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YOGURT SAVES THE DAY

Many people already know that in order to prevent Type 2 diabetes, weight management and exercise are key. A recent study showed that there's an additional way to help decrease your risk of getting Type 2 diabetes: eating yogurt!

According to the study, a simple, 28-gram cup of yogurt each day can decrease your risk for Type 2 diabetes by as much as 18%. That's a lot! Keep this in mind the next time you go to the grocery store: yogurt is important if you're at risk for Type 2 diabetes. Eat up, and you'll thank yourself later.

When eating your yogurt, remember that different brands vary, and some may have high sugar or sugar substitute levels. It's still important to watch what you eat, so check the nutrition facts before you make your purchase, and don't forget to keep up the exercise too! Beating diabetes takes work from all sides.

If you're not sure of your risk for diabetes, or if you already have diabetes and need to be seen by a doctor, stop by your favorite endocrinologist's office where they'll be glad to help you out.



OUT WITH THE OLD & IN WITH THE NEW!



In our previous newsletter, we announced that Creedmoor Centre Endocrinology would soon be moving to a new location, just down the street! Work on the new place is continuing to progress, and we're all getting excited about the new location. This month, the construction will finish up and we'll move our office to the new address, located at 8340 Bandford Way, Suite 001.

We will begin seeing patients at our new address beginning in February.

Check our Facebook page for the most up-to-date updates about the move and to let us know what you think of the new place! We're excited... are you?

