

Endocrine News

Helping your endocrinology knowledge grow!

THE FACTORS FOR FRACTURES



As you age, the likelihood of fracturing your bones increases. Eating right and maintaining a healthy lifestyle become important to keeping your bones and body strong and fit. Every year seems to make a difference in your efforts to remain healthy.

However, a recent study has shown that maintaining a healthy lifestyle does not always make a difference. The study looked at women going through menopause, and found that hot flashes can be associated with a

higher risk of hip fracture, regardless of age, body-mass index (BMI), or smoking history.

If your risk of a hip fracture is higher, it is important to find this out so that you can take proactive steps toward preventing fracture (and all the problems associated with it) in the future.

At Creedmoor Centre Endocrinology, we can perform a bone density study to help you determine whether or not you are more at risk for fracture. If hot flashes are keeping you awake at night or interrupting your daytime plans, call the team at Creedmoor Centre Endocrinology and see what we can do to help keep you healthy and fracture-free for as long as possible!

VITAMIN D : D IS FOR DOSAGE

It is important to get your vitamin intake and keep your body healthy and filled with the vitamins you need. However, it is important to remember the proper dosages required for each vitamins.

Taking too much Vitamin D can lead to an increased risk of prostate or pancreatic cancer. At the same time, a deficiency in Vitamin D can cause heart problems that develop later in life.

If you are unsure what the proper vitamin dosage is for you, ask your endocrinologist. The correct dosages will keep you healthy and balanced, without causing the risks associated with deficiency or overage.



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CUTTING EDGE: THYROID CANCER TREATMENTS

Your thyroid regulates the hormones that determine many functions in your body. As such, it is important to ensure that it is healthy and functioning as it should.

Thyroid cancer is a real problem, affecting more than 60,000 new men, women, and children alike each year in the United States. There are a number of ways to treat thyroid cancer, ranging from surgeries to various medicines to chemotherapy.

Last month, the FDA approved a new medicine for treatment of thyroid cancer in some cases. This is exciting, as with any cancer treatment, it means an even greater chance of living a normal life on the other side of being diagnosed with and living with cancer.

If you have a family history of thyroid cancer, have noticed any changes to your voice, or noticed any hoarseness or pain around your thyroid (in your neck), it may be time to see an endocrinologist about your thyroid. Thyroid cancer symptoms are often not noticeable until later, so even if you have not experienced any symptoms, make sure you check with your doctor to make sure you stay healthy and cancer free!



ENDOCRINOLOGY SUCCESS STORIES: LIONEL MESSI



Receiving a diagnosis is often a scary experience. Many times, it may seem like the end of the world (or at least life as you know it). However, a seemingly scary and unknown diagnosis does not have to be the end of the world.

Lionel Messi, one of the most successful (and the wealthiest) soccer players in the world, was diagnosed with Growth Hormone Deficiency as a child. He was treated for the deficiency, and went on with his life. Now, as an adult, his success on the soccer field is often attributed to his low center of gravity due to his short height. With treatment, Messi's diagnosis ended up turning into the key to his successful career.

If you have recently received a diagnosis, or if you are worried about one you may receive soon, just remember: there is always a silver lining (and sometimes that lining is lifetime success and achievement).