

# Endocrine News

*Helping your endocrinology knowledge grow!*

## THE TINIEST GLAND WITH THE BIGGEST IMPACT



**How much do you know about** the pituitary gland? It is a tiny gland, only the size of a pea, located at the base of your brain, but it is so powerful that it's called the "master gland". It makes and stores many different hormones. Here are just a few things that are affected by the pituitary gland:

- Childhood growth and body composition
- Sex hormone levels and fertility
- Stress levels during injury and illness
- Metabolism, energy balance, and growth

These are just a few of the processes that the pituitary gland helps control. With so many bodily functions controlled by one little gland, a problem with the gland could mean bad news.

Pituitary gland disorders can cause either hypersecretion or hyposecretion: too much or too little of a hormone being released. Either one could cause an imbalance in any of the above processes. Who knew something the size of a pea could be so powerful?

---

## GETTING THE DIAGNOSIS RIGHT

**It's the age of the internet**, in which you can find anything you want online. This can be both good and bad. In the case of adrenal fatigue, it can be a bad thing. "Adrenal fatigue" is a diagnosis that is unrecognized by medical professionals as fatigue, weight loss, body aches, nervousness, and other signs of extreme tiredness caused by chronic stress. It may be a mild form of adrenal insufficiency, a medical condition that can cause real problems. If you are experiencing any of these symptoms, rather than self-diagnosing with the help of the World Wide Web, make sure you talk to a medical professional who can help you decide if it's lack of sleep, chronic stress, or something much more serious, like depression.



## Creedmoor Centre Endocrinology

8314 Bandford Way Suite 103 Raleigh, NC 27615  
(919) 845-3332 Fax: (919) 845-3395  
www.ccendocrinology.com

## FIND US ON SOCIAL MEDIA!

Follow us, "like" us, or give us a review:



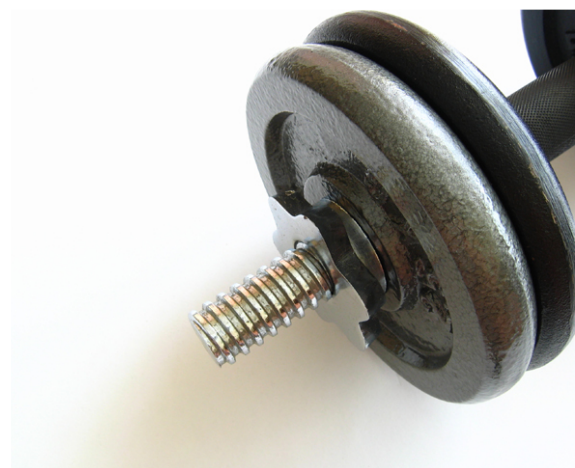
-DR. JULIA WARREN-ULANCH



-MS. CANDY CHEN

## ADOLESCENTS AND WEIGHT TRAINING: GOOD OR BAD?

**It has long been debated** whether or not it is safe for adolescents to participate in resistance training. The growth plate is weaker than the surrounding bone, which has caused professionals in the past to question whether or not the force of resistance training is harmful to the weak, immature growth plate. According to a recent study, it is okay for adolescents to practice resistance training, as long as they are participating in properly supervised weight programs and practicing safe weight training. It may be wise to remain cautious, however, as no studies have yet concluded the results of long-term resistance training in young adolescents.



## STIRRING UP A STORM

**You've heard of thunder storms**, and you know to go inside when one begins. Then there's thyroid storms. What do you do in a thyroid storm?

A thyroid storm is a very rare condition that occurs when hyperthyroidism goes untreated. It is a life-threatening condition that is triggered by major stresses. A few examples of events that can cause a thyroid storm are heart attacks, infections, or traumas.

The symptoms of a thyroid storm are confusion, pounding heart and restlessness, shaking and sweating, and agitation, along with a number of other symptoms.

Thyroid storms are extremely dangerous, so if you or somebody you know may be suffering from one, alert medical professionals immediately. Stay on the safe side and keep that from happening: if you have hypothyroidism, make sure you get it treated properly.

When the thunderstorm strikes, you want to be inside. Keep your body safe from thyroid storms and be proactive about your thyroid health.

