

# Endocrine News

*Helping your endocrinology knowledge grow!*

## WHAT YOU KNOW MAKES ALL THE DIFFERENCE



**A study done recently in our own backyard**, at the University of North Carolina, gave helpful insight into weight loss trends.

The study involved parents ordering fast-food for their children; when the menus were labeled with calories or the activity equivalent for calories, they were more likely to make healthy choices for their children, as opposed to menus with no calories or activities labeled.

While the specific numbers were unable to tell us whether menus with calories or menus with activity equivalents were more effective, the overall results were conclusive. So what does this mean?

Parents make better decisions about what their children eat when they are better-informed about the health consequences of the food their children are eating. Make sure you are aware of what you're feeding yourself and your children before you eat!

With all the information on the internet, it could be difficult to make an accurate informed decision. If you are not sure what you should or shouldn't be eating, ask your doctor – she will be happy to guide you!

## SAFE PRACTICES FOR HYPOTHYROIDISM

**If you have been diagnosed with** hypothyroidism, there are a few things you should be aware of. The symptoms of hypothyroidism include sluggishness, fatigue, stiffness, forgetfulness, and a slowed heart rate. These are just a few of many symptoms you could face, but each of these have one common factor: they each can result in a slowed reaction rate.

Studies have shown that bouts of severe hypothyroidism can prove to be hazardous to driving or operating machinery, due to the slower reaction times of the patient. If you have hypothyroidism, speak with your endocrinologist about when you should (and shouldn't) drive or participate in other activities. It could save your life!



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## FASTEST ISN'T ALWAYS BEST

**Pharmaceutical companies, weight loss organizations, and health scientists** are always coming up with the latest and greatest "lose weight fast" pills. It's sometimes hard to tell which ones are legitimate options that help manage weightloss, and which ones are "bogus" pills only help you lose money. So how is one to determine whether a pill or drug is truly helpful, or whether it's simply another flashy, failed attempt?

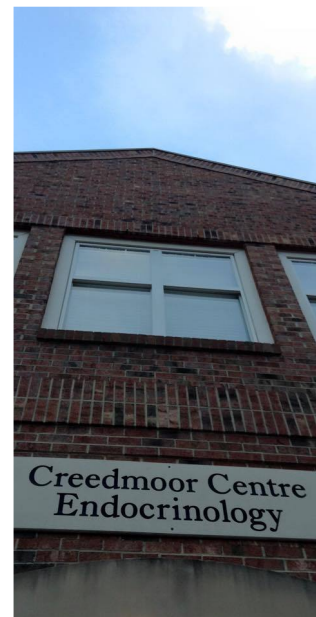
The key to knowing which pill you should choose is a visit to your doctor. Your local endocrinologist can tell you if the drug you heard about is truly helpful, or if it's one to stay away from. The fastest way to lose weight isn't always the best way to do it.

Recently, a drug was released which tricks your intestine into thinking it's already had a meal. That's an exciting, healthy way to lose weight.

Remember, even if you know which pills are helpful and which are not, it's important to share your plans with your doctor so she can help you monitor your progress and lose weight in the healthiest way possible!



## HOME AT LAST



**This month started out with an exciting new move!** Creedmoor Centre Endocrinology has officially moved just a few doors down to our new home, at 8340 Bandford Way, Suite 001.

The office looks great and we can't wait for you to visit! Come by and take a look at the brand new office, let us know what you think.

