

## Creedmoor Centre Endocrinology

# Endocrine News

*Helping your endocrinology knowledge grow!*

## A CHANCE TO GET BACK IN MOTION



**An interesting study was recently released**, suggesting that older men who are mobility-impaired may have a chance at a more active lifestyle. The study tested testosterone replacement therapy, and the outcome was promising: it showed that healthy men who have difficulty performing physical tasks due to their age, mobility impairment, and low testosterone levels can experience enhanced endurance as a result of testosterone replacement therapy.

This study is good news for men who once led an active lifestyle but have been prohibited in keeping it up due to mobility issues that arise with age. With the development of this type of therapy, such men could return to their mobile, active lifestyles.

Unfortunately, this study is in the early stages and will take more time and efforts to prove successful and safe for patients. Keep your ears out for any future studies, and one day soon you'll have the chance to get back in motion!

---

## GIVING THANKS THIS HOLIDAY SEASON

**Creedmoor Centre Endocrinology** would like to wish you a Happy Thanksgiving! As you celebrate the holidays and enjoy your family, friends, and delicious food, we want you to know what we are thankful for. This year, we have many things to be thankful for: a great first year with Dr. Warren, the addition of our wonderful new physician assistant Candy Chen, and so much more (keep your eyes and ears open for more exciting announcements we're thankful for in the coming months!) Most importantly, we're thankful for you: our patients! We hope you enjoy your Thanksgiving.



## 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:



"THE BEST PIE IS PEACH, AS IN  
A PIECE OF EACH!"

-DR. JULIA WARREN-ULANCH



"THANKSGIVING IS MY  
FAVORITE HOLIDAY."

-P.A. CANDY CHEN

# THE TRUTH ABOUT DIABETES

**In addition to Thanksgiving, November is National Diabetes Awareness Month.** In support of diabetes awareness, here is some important information about diabetes, thanks to the Joslin Diabetes Center.

While an unhealthy lifestyle and being overweight can lead to Type 2 diabetes, eating too much sugar does not cause diabetes (contrary to popular belief). Diabetes is actually caused when the body is unable to produce any or enough insulin, which helps the body break down sugars.

A healthy, active lifestyle can help lower glucose levels and keep your diabetes in check. If you have any complications to diabetes (such as heart disease or neuropathy) you should check with your doctor first, to ensure that you are choosing activities that will not cause additional complications.

It is very manageable to live with diabetes, if you are communicating with your doctors and taking active steps to take care of your body. If you have diabetes, make sure you're taking the right steps toward a healthy life.



# PREGNANCY AND THE THYROID

**If you've ever heard anything about pregnancy,** then you know that it causes a woman's body to undergo many hormonal changes. These changes can effect the thyroid, which to a certain extent is not a problem. However, women with hypothyroidism (or other problems that affect the thyroid) should be cautious. A

baby is dependent on the mother's thyroid hormone production throughout the first trimester, and problems with the mother's thyroid could affect the baby, cause early labor, or result in other complications.

Expecting mothers are encouraged to intake 200 micrograms/day of iodine to help with thyroid function, and women with hypothyroidism or any other problems should consult their doctor. Don't let your thyroid get the best of you or your baby: be proactive to ensure a healthy delivery for both mother and baby.

