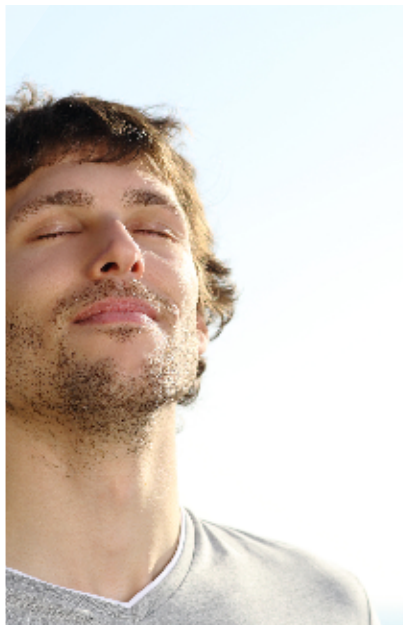


Endocrine News

Helping your endocrinology knowledge grow!

GET SCREENED TODAY. ADD MORE TOMORROWS.



Cancer tends to carry a number of side effects with it. So when you have cancer, it's important to know what else may be affected, since one problem is enough to deal with. Once side effect in particular occurs with familial adenomatous polyposis (FAP), a hereditary colon cancer syndrome: thyroid disease. A recent study published in the Thyroid Journal Program showed how the occurrence of FAP leads to a higher risk of both benign and malignant thyroid disease.

If you have been diagnosed with FAP, you may be at risk for thyroid disease. So, what should you do with this knowledge?

Get screened. A screening performed by an endocrinologist can help monitor your thyroid for any nodules. This will ensure that if you do develop thyroid disease, your doctor will catch it early and treat it before it becomes a bigger problem. Don't wait. Get screened today!

WHEN DIABETES GETS YOU DOWN

Is diabetes getting you down? Literally: poorly controlled diabetes can lead to a plethora of foot problems, requiring you to take a seat and watch life pass you by, instead of enjoying it on your feet. If you don't take care of your body (and your feet) now and manage your diabetes, you could end up with any number of foot problems, from neuropathy (nerve pain) to ulcers (sores).

Do yourself a favor: take care of your body and your diabetes, and control it now. If you're not sure what to do about your diabetes, ask your endocrinologist for advice.

If you've already developed foot problems, a podiatrist can get you back on your feet; and then they'll have you step right back over to the endocrinologist for help managing your diabetes. Save yourself the trouble and care for your body now!





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CAN SHORT STATURE REALLY BE TREATED?

Have you heard of Noonan Syndrome? It is a genetic disorder, affects the body by preventing normal growth in various areas of the body. There are quite a few ways Noonan Syndrome can affect your growth: from heart defects to unusual facial characteristics, from developmental delays to physical problems, it can prevent or delay growth in many ways.

One of the ways Noonan Syndrome can cause problems is with stature. It can prevent or delay growth, causing short stature. This may seem like a permanent problem or symptom; you can't really change your height, right? However, this can sometimes be treated with Growth Hormone.

Treatment for Noonan Syndrome targets the symptoms and complications of the disease. Your endocrinologist can help treat short stature symptoms due to Noonan Syndrome by providing Growth Hormone treatments. If you have more questions about this disease, just ask your endocrinologist the next time you're in for a visit!



CARE FOR YOUR THYROID... WITH SEAFOOD?



There are many ways your thyroid can be affected. Your thyroid is an important gland in your body; it controls many hormones, which affect everything from metabolism to growth and development. If your thyroid is not healthy, chances are, the rest of your body won't be either. It is important to ensure that the thyroid is in good operating condition.

One easy way to help keep your thyroid healthy is through iodine intake: an insufficiency in iodine can cause hypothyroidism, in adults and children alike, as well as a number of other problems. You can do your part in keeping your thyroid healthy by ensuring that you take in adequate iodine.

How do you make sure you are taking in enough iodine? Eat foods that are rich in iodine. Good sources of iodine are seafood, eggs, and dairy. Talk to your doctor to find out how much iodine you should intake, as well as good suggestions of where to find other iodine-rich foods.