

# Endocrine News

*Helping your endocrinology knowledge grow!*

## REDUCING YOUR RISK OF FALLING



**Did you know** that roughly one third of adults age 65 and older fall each year? As your age increases, the number of risks associated with a fall increase as well. Oftentimes, a serious fall can cause fractures, traumatic brain injury, or sometimes even death. If you are over the age of 65, what can you do to reduce your risk of falling? The Cleveland Clinic has a few suggestions:

- ▶ **Yearly screenings** by a practitioner can help identify fall risks early on, intervening early enough to prevent future falls.
- ▶ **Exercise programs** that focus on balance and resistance can help improve your balance when standing.
- ▶ **Increased intake** of Calcium and Vitamin D can help strengthen your bones to reduce the risk of fractures after a fall.

Ultimately, if you are worried about falling, talk to your doctor and see what he or she can do to help.

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## RAISE YOUR VOICE: VOCAL CHANGES AFTER THYROIDECTOMY

**A thyroidectomy is commonly accompanied by voice changes.**

While this could cause problems for many, it is especially troubling for professional singers. When your career depends upon your voice, any voice change is significant.

There is good news, however, for professional singers in need of a thyroidectomy: a recent study monitored singers who underwent thyroidectomies for thyroid cancer. After being monitored and

tested, it was discovered that a number of the patients were left with minimal to no voice changes and were able to return to their chosen vocal professions.

Close monitoring of a thyroidectomy recovery period by medical professionals can help protect your voice and keep you safe and healthy at the same time.





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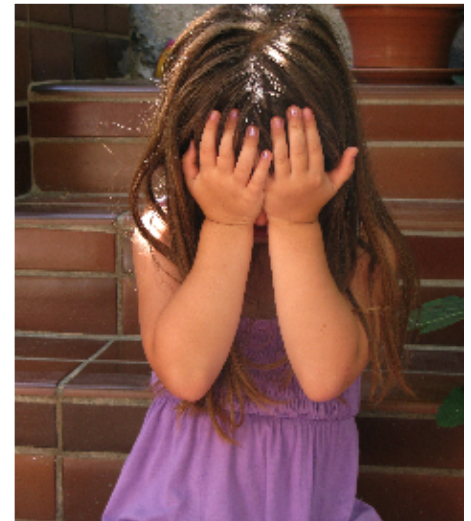
## KEEP YOUR CHILDREN HEALTHY, LONGER

**Childhood obesity is a serious problem.** It is a medical condition what occurs when a child is well over the normal weight for his or her age and height. The biggest concern with childhood obesity is the number of health problems (that were once specific to adults) that it causes. There are a number of serious health problems that can be caused or exacerbated by childhood obesity.

What is the best way to combat childhood obesity? Improve the diet and exercise habits of the entire family. It is much easier for a child to lose weight and stay healthy if he or she is influenced and encouraged by the entire family with a lifestyle change.

How do you know if your child is obese? Because obesity is relative to height, age, and a number of other factors, check with your doctor. If your child is overweight, ask your doctor to determine whether he or she is within healthy ranges or not.

Help your child reduce his or her risk of serious health complications; give your child the healthy life he or she deserves and visit your doctor today.



## SMOKING AND HIP FRACTURES



**It is well known that smoking tobacco** carries with it a number of serious, harmful side effects. One of these side effects is the increased loss of bone mineral density. The density of your bones can affect how easily your bones fracture.

As you age, a common problem is osteoporosis, or loss of bone mineral density. Recent studies have shown that current tobacco use results in an increased loss of bone density; this increases the frequency and likelihood of hip fractures.

The studies determined that former smokers were at less risk, suggesting that stopping smoking could help lower your risk of fracture.

Yet another reason to give up smoking and stay healthy: keep your bones strong and healthy for as long as possible! So, put the cigarette down and stay on your feet, fracture free, for longer!