

Endocrine News

Helping your endocrinology knowledge grow!

CELIAC & THYROID: A CONNECTION?



Celiac Disease is a relatively common disease in western populations. Recently, studies have shown that there may be a correlation between Celiac disease and autoimmune thyroid disorders. Celiac disease tends to be more common in patients with autoimmune thyroid disease and a number of other autoimmune disorders, and at the same time, patients with Celiac disease tend to be more likely to develop autoimmune disorders.

So, what can you do if you have been diagnosed with Celiac disease or autoimmune thyroid disease? First, discuss with your doctor about being tested for the other. The best treatment is preventative and preemptive treatment. Second, these same studies have also shown that a gluten-free diet helps reduce complications of either disease. Consider switching to a gluten-free diet to gain the health benefits that will accompany it. Rather than waiting until later, think now about how you can keep yourself healthy and able to enjoy life longer.

CREEDMOOR CENTRE'S NEWEST ADDITION

Last month we introduced you to Ms. Candy Chen, Creedmoor Centre Endocrinology's brand new physician's assistant who starts in October. Before she joins our team, we want you to get to know her a little better. Ms. Chen is originally from Taiwan, but has lived in the U.S. since she was 5 years old. She has been in Durham for the past few years, so she's no stranger to the Triangle area. She is excited to begin working with both pediatric and adult patients and cannot wait to begin her career as a physician assistant with Dr. Warren-Ulanch and the staff of Creedmoor Centre Endocrinology. In her free time, Ms. Chen likes to watch cooking shows, play board games, and spend time outdoors with her husband and dog.



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"FALL IS MY FAVORITE TIME OF YEAR!"

-DR. WARREN-ULANCH

A REASON TO CELEBRATE

September is an exciting month for Creedmoor Centre Endocrinology: it's our birthday! This time last year, on September 9, Dr. Julia Warren-Ulanch began seeing patients at the office. It has been an exciting year of change and growth. We are thrilled to be celebrating our first birthday and we invite you to join us as we celebrate! What's your favorite way to celebrate a birthday?



THYROID CANCER AWARENESS MONTH

September is Thyroid Cancer Awareness Month. We've decided to share with you a little bit about thyroid cancer. Did you know that thyroid cancer has the fastest-increasing rate of incidence in men and women? Thyroid cancer does not discriminate, but occurs in both men and women of all ages, from children to seniors. Thyroid cancer symptoms are not always evident. Be aware! To find out more, go to thyca.org.

STAY HEALTHY FOR MORE TOMORROWS

You may have heard of a condition called *hyperlipidemia*. It means you have high levels of lipids, or fats, in your blood stream. Hyperlipidemia puts you at risk for heart disease, stroke, or other life-threatening conditions.



So, how do you know if you have it, and how do you prevent or treat it?

The only way to know if you have hyperlipidemia is to be screened by your doctor. Prevention and treatment are one and the same: change your diet and exercise more! If hyperlipidemia is caused by excess fats in the blood stream, it can be treated or prevented by eating fewer fats. These include meats, cheeses, cream, eggs, and shellfish, just to name a few. Exercise, which burns fat, is another way to prevent hyperlipidemia.

A condition like this can prevent you from living your life to its fullest. Talk to your doctor to find out more about hyperlipidemia, and start taking action today to add more tomorrows.