

Endocrine News

Helping your endocrinology knowledge grow!



GROWING UP AND HEADING BACK TO SCHOOL

August marks the end of summer and the return to school. As your children are getting ready to head back to school, make sure you remember to schedule their yearly physical. School physicals are a good time to ask about your child's growth, which is a sensitive indicator of their overall health. The rate at which a child grows can tell the doctor whether or not there may be problems. Make sure you schedule your child's physical exam this fall!

YOU SNOOZE, YOU LOSE!

Are you getting enough sleep? With the fast-paced society that we live in, everybody is busy, all the time. There's not enough time in the day to get everything done, and usually sleep is the first to be sacrificed. Be careful though! Studies show that sleep deprivation can cause you to gain weight. Here are some things that the University of Chicago say can happen when you don't get enough sleep:

- An increase in the hormone ghrelin and decrease in leptin makes you hungrier, which leads to overeating.
- You consume up to an extra 300 calories per day.
- You exercise less.

When you're sleepy, you can gain weight faster! Make sure you're getting enough rest if you want to maintain your weight, and especially if you're trying to lose any! Sleeping will help you eat and exercise smarter, as well as burn calories better while you're awake.



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"I HAPPEN TO LIKE AUGUST
BECAUSE MY BIRTHDAY IS IN
AUGUST."

-DR. WARREN-ULANCH

CH-CH-CH-CHANGES!

Creedmoor Centre Endocrinology has some exciting news! This October, our brand-new Physician Assistant, Candy Chen, will be joining the team at Creedmoor Centre Endocrinology.

Ms. Chen received her undergraduate degree in Biology from Reed College in Portland, Oregon before becoming a Certified Nurse Aide at Durham Technical Community College. She recently

completed her Master of Health Sciences from Duke University, where she also completed her certification as a Physician Assistant.

The staff at Creedmoor Centre Endocrinology is thrilled to have Ms. Chen start this fall, on October 6th. Be sure to stop by and give her a warm welcome!

OSTEOPOROSIS - *NOT JUST A WOMEN'S PROBLEM*



Most people, upon hearing the word "osteoporosis", think of a women's disease. Traditionally, it does occur mostly in women. However, that does not mean that men are not at risk.

According to the National Osteoporosis Foundation, there are around two million American men already diagnosed with osteoporosis, with another 12 million at risk for it! Low hormone levels or family history can be some of the causes of osteoporosis in men.

Men, make sure you take the same precautions as women for osteoporosis, and keep your bones strong and healthy!