



NOVEMBER 2016 NEWSLETTER

Diabetes Awareness Month

CREEDMOOR CENTRE

ENDOCRINOLOGY

WHERE IT ALL COMES TOGETHER

Endocrine News

Helping your endocrinology knowledge grow!

In Exercise, Timing is Everything



November is Diabetes Awareness Month. In honor of supporting our patients with diabetes and promoting awareness, this month's newsletter focus is diabetes.

Exercise is key to weight loss, health, and diabetes management. It is an important component of your metabolism, and helps keep your body healthy. Recent research has suggested that not only is exercise key, but the timing of when you exercise is just as important. This especially the case for patients with type 2 diabetes.

Researchers looked at the timing of exercise, and determined that physical activity (such as walking or running) for 10 minutes following each meal of the day has more benefit than the same activity for 30 minutes at one time during the day. The results were particularly beneficial following meals heavy with carbohydrates.

Exercise is key to health, especially for diabetic patients. The next time you exercise, try doing it after a meal. It may make you feel better, too!

An Artificial Pancreas: Fact or Fiction?

This fall, the US Food and Drug Administration approved the first ever "artificial pancreas".

This is a closed-loop insulin delivery system for teenagers and adults with type 1 diabetes. This has the potential to dissolve a lot of the time consuming effort patients with type 1 diabetes put into their care; although it will still require some levels of manual entry.



While this "artificial pancreas" still has a way to go before it is a perfect solution, it is a step in the right direction for many people with type 1 diabetes. It has the potential to provide more information, more accurately, and help alert for and prevent problems before they occur. To find out more about the "artificial pancreas", look for information through Medtronic or talk with your doctor.

Newsflash: Soft Drinks Are Bad



Soft drinks are bad news. This may be old news to you, or maybe it's brand new information.

Either way, the research has been out for some time that sugary drinks (like soft drinks) are bad for you.

This has brought a large trend in recent years toward diet drinks, to spare the real sugars.

However, a study in Sweden found that drinking at least two 200mL servings of soft drinks each day increases the patient's likelihood

of developing a form of type 2 diabetes.

This included patients who drank diet soft drinks! The research seems to go back and forth on this topic: are diet drinks bad (and likely to cause diabetes) or not?

Staying away from sugary (and artificially sweet) drinks is probably a good thing. If you are concerned about your risk for diabetes or your risk when drinking diet soft drinks, just ask your doctor!

Holiday Highlights

Here are some important dates to keep in mind during the upcoming holiday season:

Thursday-Friday, November 24-25
Office closed in observance of Thanksgiving

Monday-Friday, December 26-30 –
Office closed in observance of Christmas and New Year's



We are thankful for you, our wonderful patients this year! Thank you for making Creedmoor Centre Endocrinology such a wonderful place to be. We hope you have a joyful holiday season with family and friends and lots of food. Happy Thanksgiving!



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