

## Creedmoor Centre Endocrinology

*Where it's all about the patient.*

# Endocrine News

*Helping your endocrinology knowledge grow!*

## When Symptoms Don't Match Up



**Specialty doctors are well versed in the common symptoms and side effects of the diseases and problems they work with on a daily basis.**

What happens, though, when a patient comes in with unique symptoms that just don't seem to make sense?

Our bodies have a number of complicated systems that can sometimes produce surprising symptoms and results.

For example, exophthalmos is an eye condition seen in thyroid disease. However, there is a story of a patient who came in with Cushing's Syndrome, a less common endocrinology problem; she had exophthalmos as well. After researching through credible online medical journals, the doctor was able to confirm that exophthalmos can be an uncommon side effect of Cushing's Syndrome.

The beauty of modern medicine and technology is the quick, easy access doctors have to research. In days past, finding answers was much more difficult. Today, your doctor is well versed in many problems and symptoms; however, when in doubt, answers are a click away in other doctors' research.

As a patient, you can rest assured that your doctor will have an answer to your unique set of problems; and when the answer is not directly in front of her, she can find it with ease.

## Keeping Tabs on Medications

**Keeping up with medications can be taxing.** The more medications or the more times of day you need to take them, the more complicated it can become. Keeping up with your doses is an important part of your health care plan.



One medication just became potentially easier to deal with: a weight-loss aid called lorcaserin was recently approved by the FDA to be prescribed once daily, as opposed to its former twice a day prescription.

There are many helpful ways to remember to take medications, from divided pill containers to smart phone alarms. What are some of the creative ways you keep up with your medications?



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## Bone Health and Hormone Therapy



**Bone health is an important part of aging, especially for women.** As they age, women have the potential to develop osteoporosis or other bone health-related problems. It is important to keep up with nutrients and stay on top of your health, in order to prevent possible bone problems later in life.

A recent study demonstrated that the use of hormone therapy can be associated with overall increased bone health over time. The therapy has shown to have potential protective effects on women's bones.

If you are a woman, it is important to keep up with recommended health practices, in order to prevent problems as you age. If you are worried about your bone health, talk to your doctor to see what plans of action are available for you.

Our office will be **closed** on Monday, September 5th, in observance of Labor Day.

We hope you have a fun, safe weekend!

## Exciting Times at Creedmoor Centre Endocrinology



Last month, the staff at Creedmoor Centre Endocrinology got to celebrate a number of exciting events. Our Lauren got engaged, which we are all very excited about. Ellen also became a grandma. Congratulations Lauren and Ellen. Such exciting times around Creedmoor Centre Endocrinology!

