

June 2016 Newsletter

Creedmoor Centre Endocrinology

Where it's all about the patient.

Endocrine News

Helping your endocrinology knowledge grow!

Beware the “Trend” Diets Among Children



Restrictive diets are the latest trend in eating, whether it involves substituting coconut milk for cow's milk, sea salt for table salt, avoiding processed foods, or any number of restrictions.

These diets sound healthy and helpful at first glance, but can deprive a person, and more importantly a growing child, of important nutrients.

Recent studies have demonstrated that children of parents who ate a restrictive diet (and provided the same diet for their children) could end up with serious health problems as a result.

Some children demonstrated an iodine deficiency as the result of a restrictive diet, which caused thyroid problems. These problems could cause permanent damage on the child's thyroid.

Health foods are good. Just make sure you do the research into a diet, and speak with your doctor, before choosing a restrictive diet for you and your children.

Fracture Factors: Age and Familial Relation

Many people are aware of the risk for bone fractures that comes with age. As you age, you can become increasingly more at risk for osteoporotic fractures. With this in mind, it is important to be aware and take care to prevent falls and fractures.

Recent research has found that adults whose parent(s) experienced a hip fracture are at a higher risk for fractures. This is particularly the case if the

fracture occurred at a younger age. If the parent experienced a fracture before 70 years old, the adult was at a higher risk for fracture.

What can you do if your parent experienced an osteoporotic fracture, and you are at risk? Speak with your doctor. He or she will be able to provide you with guidance for reducing your risk for fractures and falls. Be proactive and you can prevent fractures and defy the statistics.





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The Mystery of Medicine Unfolded



Science and medicine are mysterious phenomena. There are many health and medical problems that seem a complete mystery to the average person. However, the difference of a single symptom can help a doctor make the correct diagnosis between two disorders or problems.

One example of such a disorder is acromegaly. This is a rare disease that is caused by excess growth hormone. It causes growth of the organs and tissues of the body. In one example, a woman came to the hospital complaining of excessive weight gain. As it turned out, she did not have a disorder or disease related to weight gain or loss, but rather acromegaly. The difference between her disease and another

was the structure of her face. Not only do the tissues and organs grow, but the bones as well, which changes the shape of the face.

Doctors can help you determine the details that distinguish your disease. They are able to pick out the details and determine the right diagnosis and course of treatment for you.



The doctors and staff at Creedmoor Centre Endocrinology would like to wish a **Happy Father's Day** to all of the fathers out there!

Recent Events at Creedmoor Centre Endocrinology

Last month, Dr. Warren-Ulanch had the opportunity to visit the American Association of Clinical Endocrinologists with some of the staff from Cary Endocrine. This was an exciting opportunity to learn a lot of new research and information and collaborate with other endocrinology professionals.

