

January 2016 Newsletter

Creedmoor Centre Endocrinology

Where it's all about the patient.

Endocrine News

Helping your endocrinology knowledge grow!

Exercising While Young Leads to Health Later On



Far too often young adults choose to enjoy their youth and take care of themselves later in life. They operate with a lifestyle that matches their choosing over a healthy one, due to their quick, well-functioning metabolism.

However, studies show that young adults who exercise have lower risk of cardiovascular health problems later in life. Adults between the ages of 18 and 30 who exercise demonstrate as much as 15% reduced risk of death and 12% reduced risk of developing cardiovascular disease.

Choosing to exercise now, while you're still healthy, will help keep your body in healthy conditions for years to come. Take care of your body. Make a plan and stick to it. If you're not sure what exercise needs to look like for you, or if you don't know how to fit exercise into your busy lifestyle, talk to health professionals. They can help you develop a plan and give you pointers for how to get the exercise you need to stay healthy for years to come.

Preventative Strategies for Thyroid Cancer Patients

People who have had papillary thyroid cancer in the past need to keep a careful watch on their health. It is possible to have a recurrence of thyroid cancer as many as 10 years down the road after recovery. Papillary thyroid cancer is also increasing in incidence. Taking care of yourself and taking preventative measures can help you later on down the road.

Research shows that one excellent way to help take preventative care is through preoperative ultrasound. The findings from a preoperative ultrasound can help to predict the recurrence rate of your cancer.



Learning these findings early on can help doctors start taking measures to combat cancer earlier. This can help you stay away from more aggressive treatment options, and get better faster if recurrence is a possibility. If you are concerned about the recurrence of papillary thyroid cancer, talk to your endocrinologist today.



FIND US ON SOCIAL MEDIA!

Follow us, "like" us, or give us a review:



CREEDMOOR CENTRE ENDOCRINOLOGY, PA

Julia Warren-Ulanch, MD, ECNU

Candy Chen, PA-C

Ravin Mehta, PA-C

8340 Bandford Way Suite 001

Raleigh, NC 27615

p 919.845.3332

f 919.845.3395

www.ccendocrinology.com

—where it's all about the patient—

Standing and Walking Can Make a Difference



Sitting all day is not good for your health. You may have heard this before, as it is not new information to the health community. However, one study looked at women with an average age of 66 who spend long periods of time sitting each day. The study looked at the effects of standing and walking in short increments on their health.

The results showed that a very simple change can be effective. Breaking up long periods of sitting with 5 minutes of standing or light walking every 30 minutes can reduce glucose and insulin

levels in the blood stream. This can have an effect on an individual's risk for Type 2 diabetes.

Taking short, simple breaks during your work day (or any other activities that keep you sitting for most of the day) can make a difference in your health and your risk of diabetes. Take care of your body now by taking the time to walk around or stand up and get your blood flowing. Your body will thank you later.

What's Happening at Creedmoor Centre Endocrinology?

- As of November 15, 2015 we are able to accept Blue Value insurance plans. We are excited to be in-network with this plan to broaden our scope of care.
- Creedmoor Centre Endocrinology is now a part of WakeMed Key Community Care, which means we can receive referrals through the Infina System. Be sure to mark us as a "Favorite"!

**Creedmoor Centre Endocrinology will be closed for the New Year's holiday
Thursday & Friday, December 31-January 1.**

We hope you enjoy your time ringing in the New Year!

