



DECEMBER 2016- JANUARY 2017 NEWSLETTER

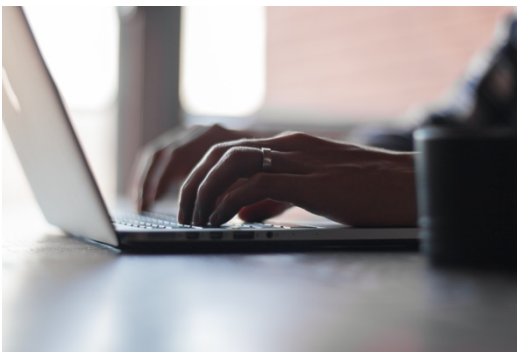
CREEDMOOR CENTRE ENDOCRINOLOGY

WHERE IT ALL COMES TOGETHER

Endocrine News

Helping your endocrinology knowledge grow!

Understanding the Facts, and the Sources



The internet is a vast, wide-open terrain. It is filled with lots of information: plenty of it good and helpful, yet plenty of it bad and harmful as well.

When it comes to health, it is far too easy to take to the search engines for a preliminary diagnosis and treatment prescription before visiting the doctor. This is not always a good thing.

While there is plenty of helpful information out there, it is important to be careful and wary of what you read online. There are many sites masquerading as legitimate health sources, that give out bad suggestions and information.

When reading up on endocrine diseases and disorders, look for peer-reviewed and evidence-based sources. Talk to your doctor and listen to all of the options. This will ensure that you get the best treatment and plan of care available.

Hypothyroidism Treatment Goes By the Wayside

Congenital hypothyroidism is a diagnosis that can cause developmental delays in infants, if left untreated.

However, if detected and treated from the start, it prevents a number of problems in the child's life. One of the greatest public health successes in the past century in the United States is the screening of and treatment for congenital



hypothyroidism, according to some. Recent reports suggest that some states have failed to do a thorough job screening for and detecting this diagnosis, which can cause serious preventable harm to the child. It is important for hospitals to make sure that each child is properly screened. As parents, if your child is screened and fails the screening, it is important to ensure that follow-up happens, to prevent any further problems. Congenital hypothyroidism's serious problems are a thing of the past; let's leave them there.

Don't Let Helping Hurt



You may have heard the phrase “when helping hurts” before.

Sometimes, extending a helping hand to a loved one feels like the right thing to do, but doesn't do the good you intended.

This can often be the case with patients who have diabetes: their loved ones feel the need to help out with managing diabetes, but they don't feel the need for help.

So if you're in this situation, what can you do? The Behavioral

Diabetes Institute (BDI) has a few suggestions:

Educate yourself. Make sure you know what is wrong and if they truly need the help before you offer it. Then, rather than telling the patient what to do, offer a loving and supportive hand to help.

Understand that they may not want your help, and you will have to step back. Finally, work as a team – work together, rather than against each other.

Following these tips can help you to help your loved one without stepping on toes or hurting the situation. That sounds like a win-win for both parties!

Holiday Highlights

Due to the busy-ness of the holiday season, we have combined our December and January newsletters. You will hear from us again in February.

We hope you have a joyful holiday season with family and friends and lots of food. Merry Christmas, Happy Holidays, and Happy New Year!



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

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



CREEDMOOR CENTRE
ENDOCRINOLOGY
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8340 Bandford Way
Suite 001
Raleigh, NC 26715

P 919.845.3332
F 919.845.3395

WWW.CCENDOCRINOLOGY.COM



**Julia Warren-
Ulanch
MD, ECNU**



**Candy Chen
PA-C**



**Ravin Mehta
PA-C**

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