

March 2016 Newsletter

Creedmoor Centre Endocrinology

Where it's all about the patient.

Endocrine News

Helping your endocrinology knowledge grow!

Thyroid Activity and Its Risk Factors



The thyroid is an important gland in the body. It regulates hormones, which move throughout the body to participate in using energy, keeping organs working properly, staying warm, and many other important functions. When your thyroid is not working properly, there are a number of risk factors associated. Beyond the common symptoms you may already know of, recent studies have shown additional risks with improper thyroid function.

According to one study, mild thyroid over-activity can be associated with an increased risk of fracture. Some patients were more likely to have hip fractures, while others were at risk for spine fractures.

According to another study, hypothyroidism put patients at risk for periprosthetic joint infections after a joint replacement surgery. They can be about 2.5 times more likely to have an infection.

When it comes down to it, what do you need to know? If you have thyroid problems, keep in touch with your endocrinologist. Make sure that you both are aware of any risks associated with your thyroid. Awareness now can help prevent problems in the future.

Brain Function & Childhood Obesity

Childhood obesity may be in part a result of an imbalance in brain connections. Past research has shown that brain connections play a large role in adult obesity, so Vanderbilt researchers decided to look into children, as well. It turns out that there is a link between body weight, eating behavior, and balance in brain function.

So, what does this mean for your child? Helping your child to be mindful of what he or she is eating, and eating slowly and mindfully, may help him or her lose weight. Mindfulness can help “re-balance” connections in the brain.

Eating properly and healthy is important for people of all ages. If your child is overweight or obese, talk to your doctor about what steps to take; then consider mindfulness and special care to what and how your child eats. Help your child to be happy and healthy in all they do.





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Prescription Drug Side Effects: Know the Facts



All drugs come with side effects – it is important to know what they are. Knowing what may happen to your body before you take a drug is important. Many drugs come with nasty side effects, while others come with very few at all.

Regardless of what drug you are taking, knowing the facts about the drug is important. In some cases, it can be life altering.

For example: one study found that pregnant women who took antithyroid medicines had a 3.5% risk of birth defects. For comparison, this is a higher chance than winning the Powerball Lottery! In these cases, knowing the risks and stopping the drug intake while pregnant can save the quality of life of the woman's child.

When you are taking drugs, make sure you know what you're taking. Talk over any risks with your doctor, to be sure you are doing what is best for your body. Work with both your endocrinologist and your obstetrician, as both may have equally important roles at different times in your pregnancy.

The Ever-Changing World We Live In

We live in an age of technology; new inventions crop up every day. This is good news for the health industry, as it means constantly new and changing solutions to medical problems. One example of such changes is the bionic pancreas.

In the past few years, a new, wearable bionic pancreas has been developed and shown to improve glycemic control in children with diabetes. This is just one of many examples of exciting, new

changes in medical technology. A bionic pancreas has the ability to adapt to the body and regulate insulin, which could be revolutionary in diabetes treatment.

Technological advancements are exciting; what new (medical or not) changes have you seen?

