

Creedmoor Centre Endocrinology

Where it's all about the patient.

Endocrine News

Helping your endocrinology knowledge grow!

Will More Sleep Make My Food Taste Better?



You may have heard that a good night's sleep is important for your health. It turns out that this may be true for more than one reason. Recent research showed that a lack of sleep can affect your eating habits.

The research demonstrated that when young, healthy adults were sleep deprived, they felt hungrier, ate more, and made poorer food choices.

Sleep is good for you for a number of reasons, and this is one more to add to the list. Sleep has the potential to help you make better food choices, feel less hungry, and eat a little less. Take care of your body. Sleep more, eat less. If you need help with your sleep or eating decisions, talk to your endocrinologist.

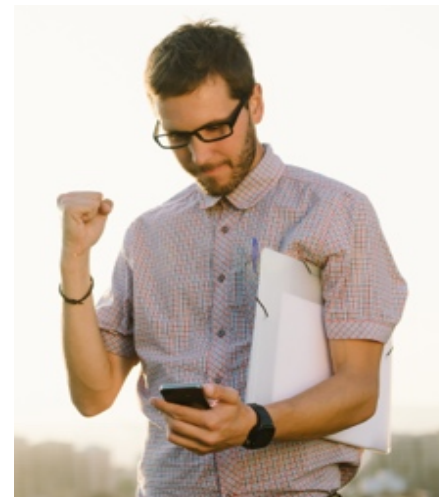
Using Apps for Healthcare: Not the Best Choice

"There's an app for that." This has become a common phrase, and it can be said of almost anything. There are apps for everything from grocery shopping to exercising to education and beyond. They have proven helpful in many cases; some make life simpler, some make it more organized, some make it more fun. There is one case in which you may want to leave the app behind: healthcare.

Healthcare apps may be helpful in certain cases, but many times consumers rely too heavily on an app that is based off of algorithms and data over a healthcare professional with extensive training. It's important to understand the difference.

Recent trends have shown that apps initially designed to help couples conceive are now being used in reverse, as contraceptives. In using the app in a different way than originally designed, patients run the risk of getting false results.

The next time you download a healthcare app, check with your doctor first to ensure that it's being used in a way that will benefit and improve your health and wellness goals.





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Nutrition Help: Now Available at Creedmoor Centre



This August, Creedmoor Centre Endocrinology is excited to announce a new service available at our office!

Starting this month, Triangle Nutrition will be joining us twice a month. One of their very own Registered Dieticians, Ashley Acornley, will be joining our clinic on two Fridays each month. She will be seeing patients, helping them with nutrition education and decisions.

We are excited to welcome Ashley Acornley and Triangle Nutrition to Creedmoor Centre Endocrinology, and to partner with them in providing better care for our patients!

If you want to find out more about this service or nutrition help, contact our office.

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

We hope you have a fun, safe weekend!

Keeping the Patient in Mind

As health professionals, it can be easy to look at a patient's diagnosis, the research we know best, and the results we've known to work, and give a patient a treatment plan. However, it's also important to listen to the patient's desires – as long as the patient has considered every option and understands the consequences of his or her decision.

There are different paths of care possible for some treatments, varying in aggressiveness. For example, typical thyroid cancer treatments involve removing the thyroid. However, some patients choose to monitor their thyroid and wait to see if complete removal is necessary. Either path can be an option, depending on the case. At Creedmoor Centre Endocrinology, we aim to keep the patient's wishes in mind, and we ask that the patient listen to us too. Together, we can come to the best plan of action for your situation.

