

May 2016 Newsletter

Creedmoor Centre Endocrinology

Where it's all about the patient.

Endocrine News

Helping your endocrinology knowledge grow!

Is It Possible to Reverse Type 2 Diabetes?



Type 2 diabetes is a lifelong disease. Or is it? Many experts in the field consider Type 2 diabetes to be an incurable disease that only grows worse as time goes on. However, some researchers believe the opposite.

Some research studies have shown patients with Type 2 diabetes to reverse their diagnosis after going on a strict, low-calorie diet.

Reversing Type 2 diabetes would mean the reduction of a number of serious health problems and costs, and would turn a lifelong, in some ways progressive disease, into a “fixable problem”.

The key to reversing Type 2 diabetes is a strict, low-calorie diet and the ability to maintain a healthy diet. If you have Type 2 diabetes, talk to your endocrinologist. Whether you are able to reverse the diagnosis or not, managing your diabetes and your diet are key to a healthy life for years to come.

The Future of Endocrinology: Genetic Testing

You've probably heard about genetic testing in recent years. It is on the rise as an option in many medical settings, and has brought controversy in a number of circles. Genetic testing can be a key to discovering the underlying cause of many endocrine disorders, which could both help to guide treatment and to act as a precaution for family members.

In recent years, genetic testing has proved to provide answers to endocrinologists where other types of tests have failed. These tests can reveal important information about the course of a disease, or the inheritability of the disease for family members.



Genetic testing could prove to be critical to endocrinology treatment in the future. However, as with any information, it is important to know how to interpret it and what to do with the knowledge. Discussing whether genetic testing is for you, and the information and treatment options available with your endocrinologist will be key to successful treatment.



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Introducing: Download Day



Calling all diabetic patients! If you have diabetes, Creedmoor Centre Endocrinology has a new service that may be just for you.

Download Day is a free service that will take place on the first and third Monday afternoon of each month.

Contact our office if you are interested in finding out more about Download Day.

How do you know if Download Day is for you? It may be for you if you:

- Are interested in a MedTronic insulin pump or continuous glucose monitor.
- Are already on a MedTronic insulin pump, with or without continuous glucose meters.
- Would like input on your regimen.



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

Our office will be **closed** on **Monday, May 30**, in celebration of Memorial Day. We hope you enjoy the long weekend!



Lifestyle Changes for a Healthy Heart

There are four main "pillars" of heart health. Most Americans have heard them before. Have you? The key to a healthy heart is eating a healthy diet, not smoking, keeping physically active, and keeping weight and body fat down.

Less than 3% of Americans keep all four pillars of heart health. Where do you fall: in the 3% or the 97%?

What type of lifestyle changes will it take to get your heart in the healthy category?

