

Endocrine News

Helping your endocrinology knowledge grow!

Pediatric Thyroid Cancer: Know the Facts



Pediatric thyroid cancer is not extremely common. However, many people consider it a “rare cancer”. According to reports from a number of experts on cancer research, pediatric thyroid cancer is increasing in incidence. In the past decade, it has increased to around 18 to 20 cases per million.

With the increasing numbers, it is important to make sure you know the facts.

- The population with the highest incidence of pediatric thyroid cancer is adolescents from the ages of 15-19.
- In adult thyroid cancer, only around 5-10% of nodules found are actually cancerous. In pediatric populations, that number is as high as 25%.
- Many professionals have suggested that because thyroid cancer is a “treatable” cancer, there is not as much to worry about. However, children with thyroid cancer have shown significant emotional stress when coping with their disease.

Osteoporosis: What's in a Name?

Osteoporosis is a big deal. A diagnosis of osteoporosis means that your bones are at a higher risk for fractures than your other peers. This is a scary prognosis for aging populations, which makes osteoporosis an unwanted diagnosis.

However, being diagnosed with osteoporosis puts you and your doctors on the alert for bone fractures and appropriate treatment of any fractures that occur. Some doctors believe that the current diagnostic guidelines for osteoporosis are too narrow. They want to broaden the definition of osteoporosis, to include more people.

This sounds scary, but ultimately it would result in more people being diagnosed, and more care for each person with osteoporosis. This means fewer fractures and complications. Talk to your doctor. Get the facts about osteoporosis.





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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

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Understanding Type 1 vs. Type 2 Diabetes Risks



It is often thought that Type 1 and Type 2 diabetes impact different populations.

Typically, Type 1 is more alarming when you are young; it is important to learn how to control and manage your Type 1 diabetes as a child and adolescent, in order to have good health later on. Type 2 is often thought of as more important as an adult, because Type 2 doesn't show as many immediate consequences in younger patients.

An Australian study found that in young people aged 15-30, more people with Type 2 diabetes died by the age of 40 than those with Type 1.

It is important to understand: both types of diabetes are dangerous. Getting screened earlier for Type 2 diabetes and learning how to control and manage it at a young age are critical to maintaining a healthy life.

If you or your child is at risk for diabetes, or if you have been diagnosed with diabetes, make sure you're taking all the steps necessary to live a long, healthy life. Talk to your endocrinologist and primary care physician to ensure that you're on the track to health, and life.

A Reason to Celebrate!

Creedmoor Centre Endocrinology has a reason to celebrate this month! February 2016 marks the one-year anniversary of moving to our new location. It has been a great year, and we are so excited about all the changes that took place in the past year.

The providers and staff at Creedmoor Centre Endocrinology look forward to many more years of patient care with you and your families.

