



OCTOBER 2016 NEWSLETTER

CREEDMOOR CENTRE ENDOCRINOLOGY

WHERE IT ALL COMES TOGETHER

Endocrine News

Helping your endocrinology knowledge grow!

Childhood Obesity: What Can You Do?



Childhood obesity, including morbid obesity, is on the rise. Currently, 17-20% of children and adolescents are obese, with 4-6% of them being extremely obese.

Problems resulting from childhood obesity can include:

Type 2 diabetes	Metabolic syndrome
Early cardiovascular disease	Hyperlipidemia
Polycystic ovarian syndrome	Hypertension

There are far too many complications related to childhood obesity, and research has shown that remission is difficult to accomplish. So what can you do for your child? Medications and weight-loss surgery may be options. Talk to your doctor to see if surgery or medication may be an option for your child, before they are faced with a number of comorbid complications.

Osteoporosis Fractures Reduced

Risk of fracture is a major concern for women with osteoporosis.

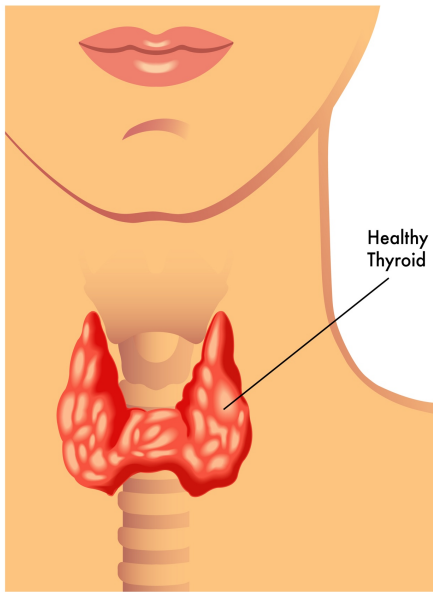
If you are past the age of menopause and have osteoporosis, your risk of fractures is much higher. Recently, a large study looked at abaloparatide, a hormone-related protein treatment. The study determined that the treatment significantly reduces the risk of fracture, especially in the wrist.

Studies that suggest decreased risk of fracture are good news for women with osteoporosis. It can be scary to be active or to participate in too many activities if there is a constant risk of fracturing a bone. However, a treatment that prevents the risk of fracture means that women can keep up their active lives and activities without the worry or fear of injury.

If you want to know more about treatments or osteoporosis risks, talk to your provider about what information and options are available for you.



Medications for Hyperthyroidism



Hyperthyroidism is commonly treated with antithyroid medications: especially when it is ongoing.

What do these medications do? They help to prevent your thyroid from producing extra hormone.

The good news about antithyroid medication is that there are few adverse reactions, and many people do not have any of them.

Like most medications, it is better to take these medicines for a

period of time, not permanently. When you take a medicine long-term (over a lifetime), your chance for adverse reactions increases.

However, sometimes patients will experience a return of symptoms to hyperthyroidism once they stop taking the medicine. Bottom line is: if you have been diagnosed with hyperthyroidism, you have some great treatment options. Your doctor can help you determine which is the best option for you.

New Year, New Look!

You may have heard that this past month (September), Creedmoor Centre Endocrinology celebrated our third birthday!

We have seen many changes and signs of growth over the past three years: we've added two providers to our practice, added a number of exciting services for our patients, and even moved offices.

The latest change is our brand new logo. We have an exciting new logo for our practice, and a newsletter re-design to match! Do you like the new look? Let us know what you think!

Don't forget to check the newsletter each month, as this is where we will keep you up to date with any new changes or updates.



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