

April 2016 Newsletter

## Creedmoor Centre Endocrinology

*Where it's all about the patient.*

# Endocrine News

*Helping your endocrinology knowledge grow!*

## Preventing Osteoporosis Fractures



**Osteoporosis puts patients at risk for fractures.** If you know anything about this disease, this is old news. If you or somebody close to you has been diagnosed with osteoporosis, the fear of bone fracture may be all too real.

It is important to care for your body and to talk to your doctor about how you can work to prevent fractures in your bones, to keep you strong and healthy.

One study has demonstrated that for postmenopausal women with osteoporosis, growth hormone injections over a span of years can improve bone density and reduce the risk for fractures. This could help keep bones stronger and healthier.

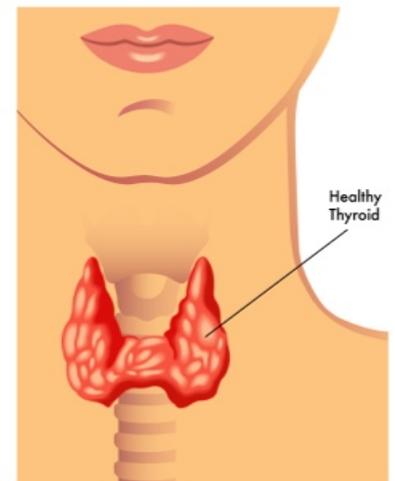
Changes in medicine and health happen almost daily. Keeping in touch with the latest advances, and talking to your doctor to find out what they recommend, can help keep you healthy for even longer. Make sure your bones stay healthy and strong – and fracture free – for many years to come.

## When Can Surgery Be the Answer?

**Thyroid issues are no fun.** If you have experienced a malfunctioning thyroid you know this firsthand. There are a number of ways to treat thyroid problems depending on what the cause and symptoms are.

Did you know that surgery could be the answer? Researchers have shown that in one study, two-thirds of patients who had a thyroid lobe removed returned to normal thyroid function after their surgery.

Surgery is never a glamorous or exciting option, as there are many risks and side effects that may accompany it. If you think that surgery could be an option for you, talk to your endocrinologist. He or she will be able to discuss any options with you and tell you which method of care and treatment available is best for you and your thyroid problems.





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## Staying in the "Know": Take Charge of Your Health



**Diabetes research is making new advances every day.**

There are a number of new devices that are now available for helping improve connectivity and care for your diabetes. In the ever-changing world of technology, diabetes research is doing its best to keep up.

However, using a new device does not mean the patient can simply sit back and let the device do the work. It is important to stay educated and have clinical supports, as well.

It is important to stay invested in your health and your body. Getting the right education about a new device, and the right support from your medical professionals, can help you to use a device in the most appropriate, effective way.

This is true for any health issue and treatment. The best way to keep your body healthy and happy for as long as possible is to be invested in it. Take care of it, stay educated about how to do so, and keep in touch with your medical providers. This way, whether you use an older, already established treatment, or the newest, latest trend, you can be sure you are doing what is best for your body and your health situation.

## Healthcare of the Future & Upcoming Advances

**Wouldn't it be nice** to be able to predict whether or not your hyperthyroidism would go into remission? As it turns out, this may not be too far off in the future.

A recent team of researchers has created a system that could measure the recurrence risk of Graves' hyperthyroidism. Knowing whether or not it is likely to recur would help your doctor in providing better individualized treatment plans.



Be on the lookout: medical advances and research studies are published all the time. From the looks of things, this ability may not be very far off. If you think about it, thank a medical professional for the constant research they do and for keeping in touch with the latest research. Their hard work keeps patients like you and me healthier and happier every day.