

# DIABETES AND ENDOCRINOLOGY DIGEST

## QUARTER 3 • 2024

### DID YOU KNOW?

#### The Endocrine System

The endocrine system is comprised of glands that make hormones. These hormones control mood, metabolism, growth, organs, reproduction, blood sugar, sleep, bone health and much more. The endocrine system includes the pancreas, parathyroid, thyroid, pituitary gland, adrenal gland, ovaries and testes.

Here are some specific functions of the endocrine system:

**Pancreas** – Makes the hormones insulin and glucagon which help regulate how much sugar is in your blood.

**Parathyroid** – The parathyroid includes 4 small glands located behind your thyroid. The parathyroid plays an important role in your bone health regulating calcium and phosphorus levels.

**Thyroid** – The thyroid gland makes the thyroid hormone which regulates metabolism and growth.

**Pituitary Gland**- The pituitary gland is the master gland of the endocrine system as it gets information from your brain to tell the other glands what to do. It also makes important hormones including hormones that help



control blood pressure and water balance in your body.

**Adrenal Glands** – the adrenal glands are often known for making the “fight or flight” hormone called adrenaline. The adrenal glands also make hormones that regulate metabolism and blood flow.

Our endocrinologist, Dr. Penaherrera, treats the following conditions related to the endocrine system: hypothyroidism, hyperthyroidism, thyroid cancer, thyroid nodules, Hashimoto’s Thyroiditis, osteoporosis, adrenal insufficiency, Cushing’s syndrome, hyperparathyroidism, diabetes insipidus, PCOS, Type 1 diabetes, Type 2 diabetes, gestational diabetes, etc.

*Note: a referral is needed to schedule an appointment with our endocrinologist.*

To learn more about endocrine conditions, visit the Endocrine Society at [endocrine.org](http://endocrine.org) or visit the American Thyroid Association at [thyroid.org](http://thyroid.org).

### CLINIC NEWS

Hamilton Diabetes & Endocrinology recently started using the Butterfly handheld ultrasound to complete in-house, point of care ultrasounds that will assist our Providers when assessing patients as well as assist with diagnoses and treatment decisions. For more information, ask your Provider today.



## Got Lunch?

Lunch is an important meal of the day however many Americans skip lunch on a daily basis. Did you know there are many benefits to eating lunch? Some benefits include:

- Better performance at work. Some studies have shown employees who take a lunch break have a boost in their performance at work.
- Avoid spikes and dips in your blood sugar. Eating well, balanced meals can help keep you full and help stabilize blood sugars preventing spikes or dips in your blood sugar and energy levels.
- Opportunity to increase fruit and vegetable intake. According to the USDA's Dietary Guidelines for Americans 2020-2025 almost 90% of Americans do not meet the recommendation for vegetable consumption and almost 80% of Americans do not meet the recommendation for fruit. Adults eating 1,800 calories per day need 2 ½ cups vegetables per day and 1 ½ cups fruit per day.

When choosing a lunch that will keep you full and satisfied while preventing spikes in blood sugar levels, focus on choosing foods with fiber as well as protein.

Fiber Sources	Protein Sources
Whole Grains: Whole Grain Pasta, Brown Rice, Whole Grain Bread, Quinoa, Oats, Whole Grain Tortilla	Chicken, Turkey, Fish, Tuna, Sirloin, Pork Tenderloin, Deer, Eggs, Greek Yogurt, Cottage Cheese
Vegetables: Cucumbers, Peppers, Tomatoes, Salad Greens, Zucchini, Squash, Celery, Broccoli, Cauliflower, Carrots, Brussels Sprouts, Etc	Cheese, Nuts, Seeds, Peanut Butter, Almond Butter
Beans and Lentils	Beans and Lentils

## Lunch Meal Ideas:

- Sandwich (turkey, tuna, peanut butter, etc) on Whole Grain Bread (or Whole Grain Tortilla) + Greek Yogurt + Orange
- Stir-fry made with Whole Grain Noodles or Brown Rice and Mixed Vegetables
- 1-2 Slices Pizza + Large Side Salad
- Chicken, Egg or Tuna Salad + Whole Grain Crackers + Berries
- Salad made with Vegetables of Choice, Berries, Nuts and Sunflower Seeds, Avocado + Whole Grain Toast
- Turkey and Feta Pita Sandwich + Cucumber Tomato Salad + Hummus
- Grilled Chicken Nuggets + Side Salad

Additionally, choose hydrating beverages such as water or unsweetened teas.

