



Paris  
Community  
Hospital  
Family  
Medical  
Center

January 2017

# Balancing hormones

staying  
*healthy*

Edward Rico, MD



Dr. Rico is an endocrinologist and full-time physician in the Paris Family Medical Center. He joined PCH/FMC December 1, 2016.

As an endocrinologist, Dr. Rico manages the care of patients with diabetes, thyroid issues, and other hormonal disorders. He provides care for patients ages five and older.

Prior to PCH/FMC, Dr. Rico practiced in Newburgh, Ind., and Terre Haute.

Dr. Rico earned his medical degree at the University of Illinois College of Medicine, Chicago. He completed residency training at Rush University Medical Center, Chicago. He completed a fellowship in Endocrinology, Diabetes & Metabolism at Southern Illinois University School of Medicine, Springfield. He has a master's degree in business administration from Southern Illinois University, Edwardsville.

Dr. Rico and his wife, Kathy, live in Terre Haute. In his spare time, he enjoys restoring classic cars.

Dr. Rico is accepting patients. Call 217-465-2606, Ext. 689.

## Endocrinologists: experts in diabetes, hormones & more

School science classes teach students about the 11 organ systems of the human body. One of them is the endocrine system, which is a collection of glands that produce hormones that control the way the body works.

The endocrine system is comprised of the pituitary gland, thyroid gland, parathyroid glands, adrenal glands, pancreas, ovaries (in females), and testicles (in males). The system regulates metabolism, growth, development, tissue function, sexual function, reproduction, sleep, mood, and more.

1 Endocrinologists are specially trained physicians who diagnose and treat diseases related to the glands. However, the diseases often affect the body beyond the glands. Endocrinologists treat menopause, infertility, erectile dysfunction, thyroid diseases, and metabolic disorders. They also provide

treatment for diabetes, osteoporosis, vitamin D deficiency, hypertension, and cholesterol disorders.

2 Diabetes is the most common disorder endocrinologists encounter. It is caused by decreased secretion of insulin, a hormonal product from the pancreas. Endocrinologists can help individuals manage their diabetes through medications, diet plans, and monitoring blood glucose levels.

According to the American Diabetes Association, most people with type 1 diabetes see an endocrinologist, especially when they are first diagnosed. Many people with type 2 diabetes also may see an endocrinologist for their care.

3 Osteoporosis is the most common bone disease that endocrinologists help treat. Osteoporosis occurs when the bones become brittle, typically resulting from hormonal changes or deficiency of calcium or vitamin D.

4 Polycystic ovary syndrome

(PCOS) is a common endocrine system disorder among women of reproductive age. PCOS involves enlarged ovaries that contain small collections of fluid, called follicles, located in each ovary. The exact cause of PCOS is unknown. The symptoms can include infrequent or prolonged menstrual periods, excess hair growth, acne, and obesity.

5 Endocrinologists also help treat kidney disorders, as the kidneys secrete various hormones. The adrenal glands are located on top of the kidneys and secrete corticosteroids – steroids involved in stress responses, the immune system, inflammation, and more.

6 Endocrinologists also treat high blood pressure due to endocrine dysfunctions, such as adrenal gland tumors, and high cholesterol or lipid abnormalities associated with heart disease.

Dr. Edward Rico is a full-time endocrinologist at PCH/FMC. To schedule an appointment, call 217-465-2606, Ext. 689.



## Getting to know your A1C

For individuals who do not have diabetes, the term A1C might not mean a whole lot to them. But for people who have diabetes, A1C is especially important, as it provides an overview of how well their diabetes treatment plan is working.

The A1C test, sometimes called hemoglobin A1C, is the primary test used for diabetes management. It provides a person's average blood glucose (blood sugar) for the past two to three months. To better understand A1C, the American Diabetes Association (ADA) compares A1C to being like a baseball player's season batting average – it describes a person's overall success. Neither a single day's blood test results nor a single game's batting record gives the same big picture.

The A1C test is based on the attachment of glucose to

hemoglobin, the protein in red blood cells that carries oxygen. Red blood cells are constantly forming and dying, but typically they live for about three months. Therefore, the A1C test reflects the average of a person's blood glucose levels over the past several months. The ADA recommends that people with diabetes, who are meeting treatment goals and have stable blood glucose levels, have the A1C test twice a year.

The A1C test is reported as a percentage. The higher the percentage, the higher a person's blood glucose levels have been. According to the ADA, a normal A1C level is below 5.7 percent. An A1C level of 5.7 percent to 6.4 percent is deemed prediabetes. Diabetes is diagnosed at an A1C level equal to, or greater than, 6.5 percent.

Healthcare providers may report A1C test results as eAG, or "average glucose," which directly correlates to a person's A1C. eAG may help individuals better understand their A1C value because eAG uses the same units (mg/dl) as self-monitoring glucose meters.

The ADA recommends the

following targets for most non-pregnant adults with diabetes:

- A1C of 7 percent; 154 mg/dl if reported as eAG
- Before a meal: 80–130 mg/dl
- One to two hours after beginning meal: Less than 180 mg/dl

In 2009, the International Expert Committee, whose members are appointed by the ADA, recommended A1C as being one of the tests available to help diagnose type 2 diabetes and prediabetes. Previously, only traditional blood glucose tests were used to diagnose diabetes and prediabetes, which require fasting prior to the test. The A1C test does not require fasting and can be done any time of day.

While there are several ways to diagnose diabetes, each test is often repeated, and can be used in conjunction with another test, to confirm a diabetes diagnosis.

According to the National Institute of Diabetes and Digestive and Kidney Diseases, testing for diabetes is especially important because the disease has no symptoms during its onset.



# Paris Community Hospital Family Medical Center

721 East Court Street  
Paris, IL 61944  
217-465-4141

# staying healthy

## PCH/FMC's Community Healthcare Programs January & February

### Tobacco-Free Campus

#### January 1

As of January 1, Paris Community Hospital/Family Medical Center is a tobacco-free campus. The policy applies to all PCH/FMC locations – Paris Community Hospital, Senior Care, EZ Care, and Family Medical Centers in Paris, Chrisman, and Oakland. The tobacco-free policy applies to all patients, visitors, and staff. It prohibits smoking, vaping, and all forms of smokeless tobacco in buildings, parking lots, and all other hospital grounds.

### Holiday Closures

#### January 2

Family Medical Centers in Paris, Chrisman, and Oakland will be closed. The EZ Care walk-in clinic will have regular hours from 9 am to 7 pm.

### Monthly Health Screenings

#### January 17; February 9

Blood sugar, blood pressure, and lipid panel (HDL, LDL, and triglycerides) screenings will be held from 7 to 9 am each day. Fasting for eight hours in advance is required. The cost is \$25. To register, call

217-465-2606 (or toll free 1-866-465-4141), Ext. 228.

### Wear Red Luncheon

#### February 3

PCH/FMC's fourth annual Wear Red Luncheon will take place during National Wear Red Day at noon at Café France in Paris. Chef Wade Fulford, manager of Gordon Food Services in Terre Haute, will provide a cooking demonstration of healthy side dishes. Cost is \$20 per person. Tickets are limited and will be available beginning January 9. They can be purchased at the Paris Area Chamber of Commerce & Tourism and at the Paris Community Hospital registration desk. Call 217-465-2606 (or toll free 1-866-465-4141), Ext. 228.

### Stay Strong, Live Long

#### Ongoing

This free exercise program for seniors takes place on Tuesdays at 10 am at the Chester P. Sutton Community Center for Seniors of Edgar County. The program helps maintain and increase overall strength to make everyday tasks easier. The program is instructed by licensed PCH Rehab staff.

### EZ Care Extends Hours

The EZ Care walk-in clinic is now open Monday through Friday from 9 am to 7 pm, and Saturday and Sunday from 10 am to 6 pm.