

Dear esteemed readers of TJEM Family,

Research shows that physical activity can help prevent or delay the majority of diseases such as cancer, heart disease, depression, and diabetes. Longevity in life expectancy and new treatments in medicine are major contributors where quality of health is becoming a topic redefined with each development. Population increase slowdown enlarges the percentage of the elderly population. This rule applies universally except for Africa, which is associated with the low-income level throughout the continent.

Recent statistics show that diabetes is becoming one of the most widespread health-burning problems for the elderly. This reality further aggravates the diabetes prevalence with the structural population dynamics. Diabetes among the age group above 65 seems to double by the year 2045. Thus we should expect diabetes to develop further as a complication among geriatric category. Such health problems are more severe at elderly ages. To have a more secure therapy management of glycemic goals has to be individualized per medical history and comorbidities. Global average life expectancy has increased by 5.5 years between 2000 and 2016. This is another peak since the 1960s. Among the negative factors influencing life expectancy, improvements in medicine and health sciences are believed to be the major contributor to high life expectancy. Impaired glucose intolerance is directly linked to aging, and postprandial hyperglycemia is a prominent characteristic of type 2 diabetes in elder adults.

Thus for preventive purposes, food choice, being active, and managing self-care is the most efficient preventive attempts toward elderly diabetes. This brings to mind what governments can offer for better food choices for the elderly. Municipalities can offer transport opportunities towards locations where the elderly can easily exercise. This will also help to the mental wellness of elderly by just being more social. Living longer lives asks for important changes in the way we eat and exercise.

The fall 2022 edition of TJEM has these distinguished publications: "Sporadic Adrenocorticotrophic Hormone-Secreting Lung Carcinoids: Outcomes of Long-Term Clinical Follow-Up at a Single Center", "Circulating Kisspeptin and Klotho Levels in Women with Hyperprolactinemia", "Coexistence of Primary Hyperparathyroidism and Differentiated Thyroid Carcinoma: Is it a Coincidence?", "Efficacy of Multidisciplinary Approach in Thyroid Nodules: Analysis of Factors Used for Predicting Malignancy", "Is Thyrotropin Receptor Antibody Positivity Associated with Cytology and Histopathology Results in Patients with Graves' Disease?", "Risk Factors and Outcomes of the Post-Liver Transplantation Diabetes Mellitus", "The Relationship Between Adherence to a Dietary Approach to Stop Hypertension Diet with Oxidative Stress and Antioxidant Capacity in Young Women", "Effects of Whey Protein Concentrate on Glycemic Status, Lipid Profile and Blood Pressure in Overweight/Obese Women with Type 2 Diabetes Mellitus: A Randomized Placebo-Controlled Clinical Trial", "Metabolic Syndrome Risk, Healthy Lifestyle Behaviors and Physical Activity Levels of University Students", "Cardiac Rehabilitation in Metabolic Syndrome: An Update Review", "Pituitary Gland Metastasis of Endometrial Cancer: A Case Report", "Ectopic Cushing's Syndrome: A Race Against Time", "Marine Lenhart Syndrome with Unilateral Orbitopathy and Metastatic Thyroid Papillary Carcinoma to Lymph Node", "Urticarial Vasculitis After First Denosumab Injection In An Osteoporotic Woman Diagnosed With Cushing's Syndrome" and "Renaming Diabetes Types".

Wish you all a very healthy and pleasant fall.

Regards,

Nilgün Başkal, MD

Editor-in-Chief



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