



## EDITORIAL

Dear esteemed readers of TurkJEM Family,

Eventually prosperity reflecting well-being of humankind will be the definition of a developed nation. World income is increasing by 3.85 percent since 1960 but malicious diabetes is also increasing. Statistics show that people with diabetes was 108 million in 1980 and increased to 422 million for 2014. This shows an increase of 8.5 percent increase for the adult population. There are very little incidence differences among the rich and poor countries. Among the selection of prevention methods towards diabetes, Type 1 diabetes cannot be prevented given the current state of knowledge. Thus more research is needed and should be encouraged towards Type 1 diabetes. On the contrary prevention of Type 2 diabetes is possible with very effective methods. Some known approaches can be named as exercising regularly, eating healthily, avoiding smoking, and controlling blood pressure and lipids. Although the problem initially seems to be individualistic, four decades of research shows that governmental policy plays a major role in the prevention of diabetes. To create a conscious at the governmental level, costs borne by diabetes should be calculated with a holistic approach. In this respect prevention and management of diabetes needs a different focus affecting the real burden of diabetes. Management of diabetes starts with early diagnosis followed by cost effective interventions. Standards and protocols can be the next step towards diabetes management. Beyond this point avoiding integrated approach with other disciplines like cardiovascular, tuberculosis, HIV, kidney and eye disorders is needed for further improvements in diabetes management. This problem can be best solved by joint research which asks for more collaborative interdisciplinary research.

The following research outcomes of hard work will carry the following topics for TJEM Fall issue of 2016. "Immunostaining results of GH-secreting adenomas and their correlation with laboratory findings", "Comparison of PTC and PMC in terms of Clinical Features and Prognostic Factors", "Relationship between empty sella syndrome and Hashimoto's thyroiditis", "Study of Oxidative Stress Marker Serum Paraoxonase in Metabolic Syndrome", "The International Diabetes Management Practices Study(IDMPS)-Turkey's 5th wave results", "Insulin Edema in Newly Diagnosed Type 1 Diabetes Patient", "Parathyroid adenoma, gastric adenocarcinoma and intraabdominal schwannoma in one patient", "Aggravation of acute Adrenal Crisis due to Varenicline in a patient with Adrenal insufficiency" and "Symptomatic Adrenal insufficiency due to Bilateral Adrenal Non-Hodgkin's Lymphoma".

Autumn is here and Mother Nature prepares itself to a new birth. The effect of endocrinology and metabolism diseases is increasing every day. We are removing ourselves from our natural habitat to a fabricated one. Due to reasons like these our field of research is more crucial than ever for the wellbeing of humans. On the behalf of TJEM family I wish you an enjoyable fall season.

With my highest regards,

**Nilgün Başkal MD**  
**Editor-in-Chief**