



## EDITORIAL

Dear esteemed readers of TurkJEM Family,

Fall 2016 had been the time period for The Society of Endocrinology and Metabolism of Turkey (TEMĐ) to renew his Board of Directors and other administrative bodies involved. We welcome all new members who has been elected to take action towards the associations 2023 goals and would like to express our deep appreciation who left the administrative positions. Without them there would have been less sharing among the diabetes and metabolism professionals.

Recent research on diabetes focuses regimes with and without metformin. Medication for the treatment of type 2 diabetes. Findings show that metformin lower all-cause mortality among the patients with heart problems, renal or hepatic impairment. Recent study conducted by US FDA shows that metformin remains contraindicated in patients with estimated glomerular filtration rate (eGFR) <30 mL/min. Studies simply back up the way metformin is used among endocrinologists. Another area that catches the attention is the recent findings on obesity, where the worldwide prevalence doubled since 1980. This could be translated as one out of ten adults is obese with women being more obese than men. Recent research on obesity shows that there is a strong causality with reduced sleep duration. Findings have been backed up both laboratory and epidemiological studies. Sleeping is an important modulator of neuroendocrine function and glucose metabolism and shorter sleep duration has been shown to result in metabolic and endocrine alterations, including decreased glucose tolerance. Besides these findings decreased sleeping hours reduces insulin sensitivity, increased evening concentrations of cortisol, increased levels of ghrelin, decreased levels of leptin, and increased food consumption and unfulfilled appetite. Not only sleeping disorders but TV viewership duration also triggers weight gain put forward by a recent Harvard study. The findings become more striking when emerging evidence that too much TV watching also increases the risk of weight-related chronic diseases. This asks for a more holistic approach towards the diseases encountered.

Within this issue we have very interesting contributions; "Association of Hormonal Changes on Disease Severity, Mortality in Critically-ill Patients", "Neuropsychological Changes and Health Related Quality of Life in Patients with Asymptomatic Primary Hyperparathyroidism", "Serum H-FABP Levels in Patients with Overt Hypothyroidism: "Papillary Thyroid Carcinoma in a Hemiagenetic Thyroid Gland:", "Differentiated Thyroid Papillary Carcinoma with Cerebellar Metastasis", "A Case of Adrenal Mass Caused Adrenal Insufficiency: Tuberculosis".

Spring is not too far; once more time life will conduct its renewal as long as we do not neglect Mother Nature. I wish you all a happy new season and a good reading.

With my highest regards,

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