



EDITORIAL

Dear esteemed readers of TurkJEM Family,

Recently the World Health Organization has made very important observations related to obesity. On a global scale obesity has nearly tripled since 1975. In 2016, more than 1.9 billion adults, 18 years and older, were overweight. Of these over 650 million were obese. 39% of adults aged 18 years and over were overweight in 2016, and 13% were obese. Most of the world's population live in countries where overweight and obesity kills more people than underweight. 41 million children under the age of 5 were overweight or obese in 2016. Over 340 million children and adolescents aged 5-19 were overweight or obese in 2016. Obesity is preventable.

The report concludes that cardiovascular diseases (mainly heart disease and stroke) were the leading cause of death in 2012 followed by diabetes; musculoskeletal disorders (especially osteoarthritis-a highly disabling degenerative disease of the joints); some cancers (including endometrial, breast, ovarian, prostate, liver, gallbladder, kidney, and colon). We can simply add permanent loss in quality of life due to an outcome that can be cured.

Major reasons of becoming obese can be stated as, consuming too many calories; leading a sedentary lifestyle; not sleeping enough; endocrine disruptors such as some foods that interfere with lipid metabolism; lower rates of smoking (smoking suppresses appetite); medications that make patients put on weight; is obesity self-perpetuating; and the obesity's genetic foundations. Among these consuming too many calories, sedentary lifestyle, and smoking is directly linked of whether one understands the threats of obesity.

Major rule of change in behavior is closely related to understanding and internalizing the real dimension of threats. Thus, with awareness efforts we can really reduce the increasing trends in obesity. As the duration of life span improves the cost of obesity further increases having direct impact on the quality of life. As controllable factors can be inhibited through self-regulation the effects of obesity on quality of life should and could be reduced.

In our fall issue we have the following paper contributions:

Effect of Exenatide on Aortic Stiffness and Blood Pressure Parameters; Health Problems Accompanying Hypothyroidism in Patients in Ecuador; Evaluation of the Relationship Between Thyroid Functions and Dry Eye Symptoms in Patients with Hashimoto Thyroiditis; The Role of FTO Gene Alleles on the Diet and Metabolic Risk Factors in the Subjects with Diabetes; Coexistence of Autoimmune and Allergic Diseases with Autoimmune Thyroid Diseases; The Role of Gluten-free Diet and Intestinal Microbiota on Glycemic Control and Diabetes Development; Mauriac Syndrome: Case Report and Review of the Literature; Acromegaly and Pregnancy: Five New Cases; Summary of Bariatric Surgery Guideline of the Society of Endocrinology and Metabolism of Turkey.

Your support as a researcher or as a reader motivates the sleepless night of the contributors. I wish all the Turk JEM family a happy fall season. Efforts towards improvement in health conditions is the major source of investment in human capital which is the key element of welfare at all levels.

With my best regards,

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Editor-in-Chief