



EDITORIAL

Dear esteemed readers of TurkJEM,

Every year, World Diabetes Day on 14 November raises awareness about the disease. This year World Health Organization (WHO) European region asserts that one third of adults and two thirds of adolescents are insufficiently active. This makes inactivity a major risk factor for all health problems, but mainly for diabetes. Physical activity decreases the diabetes, cardiovascular diseases, cancer and respiratory diseases. WHO estimates that diabetes will be the seventh cause of death by the year 2030. If we examine the diabetes incidence we see that more than eighty percent is either facing overweight or obesity. Among type 2 diabetes incidence 7% accounts for inactivity. While for the European region 65-80% of new diabetes cases can be explained by overweight and obesity. Towards this end WHO endorses the following policies to limit the diabetes incidence; Asking countries to develop national physical activity guidelines a priority to overcome overweight and obesity problem; Increasing accessibility to walking and cycling in urban planning; Widening green areas such as parks in metropolitan areas to promote physical activity; Improving quality of physical training at all levels of education. Encouraging physical activity for all ages and lastly measuring the effectiveness of physical activity promotion for all regions.

It is a fact that maintaining sufficient levels of physical activity in our rat race to make a living. Opposed to common belief statistics show that poor is less active with respect to the rich because of limited leisure substitution. We should also clearly see that type 2 diabetes majorly known for middle aged is now increasing seen in adolescence and childhood. Top ten obese countries the United States, China, India, Russia, Brazil, Mexico, Egypt, Germany, Pakistan and Indonesia also have diabetes prevalence.

In our December 2015 issue, we have the following paper contributions: Impact of fibroblast growth factor-23 on peripheral arterial disease in type 2 diabetes; Does acquired hypothyroidism affect the hearing functions?; A case of erythema induratum presenting with non-healing diabetic foot ulcer; Postpartum thyrotoxicosis associated with acute suppurative thyroiditis caused by peptostreptococcus; Unilateral primary pigmented nodular adrenocortical disease; Papillary carcinoma arising in struma ovarii; Metformin-associated lactic acidosis detected days after acute gastroenteritis; The effect of colchicine on thyroid eye disease.

It is an honor on our behalf to announce that TurkJEM is applying for coverage in SCIE/Web of Science. We will inform you on further developments. Have a healthy and enjoyable fall season.

With my highest regards,

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Editor-in-Chief