

EDITORIAL

Dear esteemed readers of TurkJEM Family,

In simple terms the role of the immune system is to protect the body against attacks by foreign invaders. To accomplish such a task, many cells share specific tasks to identify threats, send alarms and fight viruses, bacteria and other foreign or harmful elements. The Immune system after getting unwanted signals from such threats reacts to these invaders. This happens almost every day in our bodies, beyond our control. One's immune system is constantly learning and adapting to harmful elements. Immune system is a dynamic process, it creates new defenses that are stored for next time, too. The thick gel on the inside of bones are called marrow. It does a lot of work for your immune system that you may never observe. This is why marrows also contain many secrets of the immune system. To strengthen the immune system enough vitamin D, calcium, magnesium, and other trace mineral is needed in our diet. These vitamin and minerals improves your immune system and improves our enduring power by taking care of our bone system. The risk of COVID-19 infection in patients is due not only to the severity of the viral infection but also to the host's immune response. This is why diabetes, COVID-19 and patient immune system is strongly inter-related. According to the WHO more than 425 million individuals have diabetes worldwide and projections show this number rising to 629 million by 2045. Research shows that the incidence of patients in intensive care having diabetes is twofold higher compared to that of non-intensive care patients with COVID-19. National Health Service England showed that the risk of COVID-19 mortality in either Type 1 or Type 2 diabetes is independently associated with the level of hyperglycemia. Effect of COVID-19 infection on the immune system diabetes may be more susceptible to moderate or severe diseases associated with infection due to the immune system's altered with the consequences of diabetes.

All this literature review simply shows that a strong action plan is needed to fight diabetes is not a must solely for COVID-19 but for the coming virus attacks.

For this issue we have some interesting research in: "Demographic and Clinical Features of Medullary Thyroid Carcinoma", "The Association Between Thyroid Volume and Insulin Resistance in Patients with Non-Functional Adrenal Incidentaloma", "Frequency of Nodular Goiter in Patients with Non-Functional Adrenal Incidentaloma", "A Slight Contribution of Retroperitoneal Fat Accumulation to the Metabolic Comorbidities of Patients with Autonomous Cortisol Production", "Knosp and Hardy Grading Systems are Useful in Predicting Persistence of Male Hypogonadism in Prolactinomas Following Prolactin Normalization", "Role of AGR2 Expression in Specimens from Pituitary Adenoma Tissue on Tumor Behavior", "The Effects of Psychological Focus Group Therapy on the Quality of Life of Female Patients with Acromegaly", "Clinical Profile and Changing Etiological Spectrum of Hyperprolactinemia at a Tertiary Care Endocrine Facility", "Cardiovascular Morbidity in Diabetic Non-Alcoholic Fatty Liver Disease (NAFLD) Using NAFLD Fibrosis Score as an Early Indicator", "Serum Levels of 8-OHdG in Patients with Hashimoto's Thyroiditis", "Pneumococcal, Influenza, Hepatitis B, and Tetanus Vaccination Rate and Vaccine Awareness in Patients with Type 2 Diabetes", "Dealing with COVID-19: Through Endocrinologist's Eyes", "Glucagon-Like Polypeptide-1 and Brain" and "Giant Malignant Pheochromocytoma: A Unique Case Report from Turkey".

Wish you a very healthy and pleasant Holiday Season. Please take care of yourselves and your patients.

With my best regards,

Nilgün Başkal MD
Editor-in-Chief