



TÜRKİYE
ENDOKRİNOLOJİ VE
METABOLİZMA
DERNEĞİ

Turkish Journal of Endocrinology and Metabolism

JOURNAL OF THE SOCIETY OF ENDOCRINOLOGY AND METABOLISM OF TURKEY

EDITORIAL

Dear esteemed readers of TurkJEM Family,

Quality of life with extended life span is more under discussion than ever. This term largely accepted as very confusing and even esoteric depending on the intention of measurement. In early times being alive was accepted as having quality of life. Harvard Universities seventy five year lasting research on Study of Adult Development convey some interesting findings. From a much diversified control group of 724 men findings are very striking. Good relations keep us happy and healthy. Strong social relations improves happiness and health while loneliness kills. Another community-based study by Saravanan P., Chau W.F., Roberts N., Vedhara K., Greenwood R., Dayan C.M. have the evidence that patients with thyroxine replacement even with a normal TSH display significant impairment in psychological wellbeing compared to controls of similar age and sex. Another study by Paul W.Ladenson puts forward that, practiced clinicians understand that the link between thyroid hormone deficiency and constitutional and neuropsychiatric symptoms is complex and sometimes tenuous. Complaints such as fatigue, poor memory, slow thinking, depressed mood, cold intolerance, dry skin and constipation are certainly more common in hypothyroid than euthyroid individuals, a fact well documented by both clinical trials involving short-term hypothyroidism. All these findings reminds what Plato has quoted centuries back: "That as you ought not to attempt to cure the eyes without the head, or the head without the body, so neither ought you to cure the body without the soul", and this he said "is the reason why the cure of many diseases is unknown to the physicians of Hellas, because they are ignorant of the whole, which ought to be studied also; for the part can never be well unless the whole is well."

Science of medicine is interdisciplinary by nature, endocrinology and metabolism system as a whole seems to contribute to the wellbeing and extended life if we adopt a holistic approach. Through developing research literature our journal also follows impressive research by scholars frame our March issue with: "Evaluation of the circulating betatrophin concentration and its possible correlations among diabetic patients with dyslipidemia", "Physical activity, insulin sensitivity and metabolic control in type 1 diabetes mellitus", "Determination of serum thyroid hormones and electrolytes in hypothyroid and hyperthyroid females", "Migraine is strongly associated with central obesity than with general obesity", "A bibliometric analysis of Turkey's contribution to bone health literature from an endocrinologist perspective", "The effect of treatment of iron deficiency anemia on thyroid volume", "Relationship between sarcopenia and type 2 diabetes mellitus in elderly patients", "Overlapping between thymus neuroendocrine carcinoma as an ectopic Cushing syndrome and exogenous Cushing's syndrome", "Critical role of Ga-68 DOTATATE PET-CT in a patient with neuroendocrine tumor and second primary cancer", "Fixed drug eruption caused by dapagliflozin", "Transient elevation of CA 19-9 due to cessation of levothyroxine in a patient with Hashimoto's thyroiditis", and "Hypoglycemia due to the presence of anti-insulin antibodies".

Wish you all a very healthy and pleasant late winter.

With my best regards,

**Nilgün Başkal MD
Editor-in-Chief**