

EDITORIAL

Dear esteemed readers of TurkJEM Family,

Obesity is one of the greatest public health challenges of the 21st century. Its prevalence has tripled in many countries of the WHO European Region since the 1980s. Efforts for obesity mainly focus on policy and environmental strategies to make healthy eating and active living accessible and affordable for everyone.

"These are unusual times, and unusual times call for unusual actions. A substantial fraction of people with active COVID disease who are hospitalized with an endocrine-related disease and their endocrine problems will impact their treatment." – Raghavendra G. Mirmira, MD.

Obesity is a chronic repeating condition affecting a rapidly increasing number of people globally. Obesity-related conditions seem to worsen the effect of COVID-19; indeed, the Centers for Disease Control and Prevention (CDC) in US reported that people with heart disease and diabetes are at higher risk of COVID-19 complications. Statistics show that high percentage of population who will contract COVID-19 will also have a BMI over 25. Unfortunately lockdown during the first months of COVID-19 led to;

- Limit their physical activity;
- Have lower access to healthy and fresh foods;
- Have less access to preventive and health promotion services;

Knowing that physical activity contributes to both our physical and mental health, apart from treatment difficulties COVID-19 contributed to obesity while reducing the chance for cure on obese COVID-19 patients. World Health Organization developed rigorous physical exercise manuals that can be used under quarantine. Obesity, an increasingly common chronic disease globally, is significantly associated with progression to severe COVID-19 in adults hospitalized with SARS-CoV-2 infection. As COVID-19 may continue to spread worldwide, clinicians should pay close attention to obese patients. Obese patients should be carefully monitored and managed with prompt and aggressive treatment.

We have an engaging and inspiring set of works this week from our researchers: "T helper 1 cytokines and their relationship with β -cell function in type 1 diabetes", "Effect of vitamin D deficiency on the frequency of lipohypertrophy occurrence in patients with type 2 Diabetes Mellitus under injectable treatment", "The screening of comorbid depressive disorders and associated risk factors in adult patients with type 2 diabetes", "Association of types of diabetic macular edema with different anti-diabetic therapies", "The effects of low-carbohydrate diet and protein-rich mixed diet on insulin sensitivity, basal metabolic rate and metabolic parameters in obese patients", "The effect of falsely highlighted intestinal intraluminal areas and the fat in paraspinal muscles on abdominal adipose tissue measurements using computed tomography", "Factors affecting survival in adrenocortical cancers: Single-center experience", "The relationship between TSH level and stage of differentiated thyroid carcinoma", "Effects of isotretinoin treatment on levels of hormones involved in the etiopathogenesis of acne", "Thrombotic microangiopathy after spontaneous pheochromocytoma rupture: a rare MEN 2A case".

Wish you all a very healthy, pleasant late summer time and a smooth 2nd expected COVID-19 wave during fall.

With my best regards,

Nilgün Başkal MD
Editor-in-Chief