



**Osama Hamdy, MD, PhD, FACE** is a Senior Endocrinologist, Clinical Investigator and Medical Director of the Obesity Clinical Program and Director of the Inpatient Diabetes Program at Joslin Diabetes Center and Assistant Professor of Medicine at Harvard Medical School. Dr Hamdy Clinical Research is evaluating the short- and long-term effects of weight reduction on several metabolic and cardiovascular outcomes in patients with diabetes and studying different models of medical nutrition therapy in relation to weight reduction, diabetes control, body fat distribution, and cardiovascular risk factors. The early clinical research of Dr Hamdy demonstrated that 7% of weight reduction improves endothelial function, insulin sensitivity, and several markers of inflammation and coagulation in patients with type 2 diabetes and prediabetes. Dr Hamdy won the 2015 Michaela Modan Award of the American Diabetes Association for his research work that showed that participants in his novel model of intensive lifestyle program were able to maintain weight loss for 5-years with improvement in several cardiovascular risk factors in real world clinical practice. Dr Hamdy chaired the task force that developed the Joslin Nutrition Guidelines and co-chaired the International Diabetes Nutrition Group that developed the Transcultural Diabetes Nutrition Algorithm (tDNA).

A cure for diabetes remains the ultimate aim for many diabetes researchers. Advances in closed loop/artificial pancreas (CL/AP) therapy and stem-cell research are bringing some hope for patients with type 1 diabetes. Better understanding of the nutrients effect on diabetes and body weight may also open new venues for prevention and management of type 2 diabetes. Ilkowitz and Ranchandani review the CL/AP system including recent studies on multi-hormonal CL/AP treatments, exercise and dining out. Several editorials in this issue tackle other aspects of diabetes care such as the role of exercise and weight loss and the emergence of youth-onset type 2 diabetes. Of particular concern are cross-generational effects, with rising rates of pre-gestational exposure to diabetes a risk factor for the development of type 2 diabetes in people under the age of 18. In addition, a timely overview of obesity medicine and the underlying physiology and pathophysiology is presented by Gonzalez-Campoy.

The application of the New American Thyroid Association Treatment Guidelines in clinical practice is illustrated through a synopsis of a wide variety of cases of children and adolescents with thyroid cancer, presented by Bauer et al.

Scalp hair thinning (SHT) can be one of the most distressing symptoms for women with polycystic ovary syndrome (PCOS). Ikhen et al present data from a cross sectional study identifying SHT as a phenotypic reflection of the concomitant metabolic burden in PCOS. Abnormal two-hour oral glucose tolerance test, serum low-density lipoprotein, and skipped meals were independent predictors of SHT in women with PCOS in this analysis.

*US Endocrinology* is grateful to all the contributors to this edition, from organizations to individuals. Special thanks, as always, goes to the Editorial Board for their invaluable support and guidance. We welcome feedback from readers on the articles from this issue and on topics and controversies that you would like to see covered in the future. ■