

Foreword



Abd Tahrani

Abd Tahrani is a National Institute for Health Research (NIHR) Clinician Scientist at the University of Birmingham (UoB), and a Honorary Consultant Endocrinologist at Heart of England and the University Hospitals of Birmingham NHS Foundation Trusts. He is also the lead for weight management research and diabetic neuropathy services at Birmingham Heartlands Hospital. Following his MD in 1998 from Aleppo University in Syria he continued post graduate training in the UK and obtained MRCP (UK) in 2003, Master of Medical Sciences (MMedSci) in 2008, CCT in Diabetes & Endocrinology in 2012, PhD in 2013, SCOPE National Fellowship in 2014 and FRCP (London) in 2017. Dr Tahrani's group at the UoB has the following research themes: obesity management and treatment (including bariatric surgery), the metabolic consequences of sleep-related disorders, the pathogenesis of diabetes-related microvascular complications (particularly neuropathy and nephropathy), and the pharmacology of type 2 diabetes and obesity. Dr. Tahrani has published over 120 peer reviewed articles and book chapters and more than 150 abstracts. He was invited to speak in many of the leading national and international conferences in the fields of Obesity, Diabetes, Endocrinology, and Sleep medicine such as Endo, ADA, SLEEP, NeuroDiab, YDEF, the BES, The World Obesity Federation SCOPE school, EASDec, the Greek Obesity Society, CPD activities for the RCP (London) and the RCSP (Glasgow), and other conferences in Asia and Europe. He has won several awards including SCOPE National Fellowship from the World Obesity Federation, The Diabetes UK best primary care poster award, NIHR Clinician Scientist award, the American Academy of Sleep Medicine Sleep Disordered Breathing investigator of the year award, The Sanofi Aventis Clinical Excellence Award, the Society for Endocrinology Presentations award, and a NIHR personal fellowship in 2008 amongst others. He was also nominated to the Nick Hales Young Investigator Award by Diabetes UK. Dr. Tahrani is an elected member of the Neurodiab group of the EASD, a trustee of the ASO (UK), a panel member of the NIHR RfPB and an Expert advisor to the Medical Technology Advisory Committee of NICE. He is the Midlands region co-lead for the ASO (UK). He was also a member of the Clinical Committee of the SfE and a member of the Speciality Question writing group for the MRCP. He is currently the diabetes and metabolism section editor for BMC Endocrine Disorders, an editorial advisor to BMC Obesity and the Editor-in-Chief for European Endocrinology. He was the editorial consultant for the type 1 diabetes module for the American College of Physicians. Dr Tahrani is a regular grant reviewer to all the NIHR grant streams, the Hong Kong research council, Diabetes UK, The Novo Nordisk Research Foundation, the MRC, the BBSRC, and the New Zealand research council amongst others. Dr Tahrani is also a regular peer reviewer to several leading journals including the Lancet, Lancet Diabetes & Endocrinology, Annals of internal Medicine, BMJ, JACC, Diabetes Care, and Diabetologia amongst others.

I am delighted to open this edition with the exciting announcement that *European Endocrinology* is now officially indexed on PubMed Central. As a team we are very excited that our content will be included in this very well-respected database, and excited to share our articles with more doctors and researchers. We would like to take this opportunity to thank all of our Editorial Board and authors for their collaboration over the past few years and welcome colleagues in the endocrinology field to submit their work to our upcoming editions. Instructions for authors and submission guidelines are available at www.touchENDOCRINOLOGY.com.

Turning to this edition of *European Endocrinology*, the increasingly important subject of diabetes forms the main focus of the articles in this issue. We begin with a review from Priya and Kalra that considers the impact of mindfulness meditation on patients with diabetes. The psychological impact of diabetes is also explored in an original study by Kalra et al evaluating the GlucoCoper, which was found to be an effective means of assessing coping mechanisms in people with diabetes distress.

Blood glucose monitoring is an essential part of the lives of all people living with diabetes. Adolfsson et al. review the advantages and limitations of real-time continuous glucose monitoring (CGM) and intermittently scanned CGM. In addition, Hautier-Suply et al. describe a retrospective review of the patient data automatically uploaded to the Cellnovo Online platform, which forms part of the Cellnovo Diabetes Management System. Finally, Omengue et al. present the findings of a fascinating study showing that hydroquinones in body lotions can cause significant variations in capillary blood glucose measurements.

The effective management of diabetes using insulin relies on a safe, convenient and cost-effective delivery system; Singh et al. present a study comparing insulin pen devices and disposable plastic syringes.

One of the hottest topics in type 2 diabetes is the cardiovascular outcomes trials of glucose-lowering drugs. The endocrine community is eager to discover whether the findings of the Empagliflozin Cardiovascular Outcome Event Trial in Type 2 Diabetes Mellitus Patients (EMPA-REG OUTCOME) study and Canagliflozin Cardiovascular Assessment Study (CANVAS-PROGRAM) study also apply to dapagliflozin and prove a class effect for sodium-glucose cotransporter 2 (SGLT2) inhibitors. Gallwitz reviews real-world data on the SGLT2 inhibitors. □