

Foreword



Abd Tahrani

Abd Tahrani is a National Institute for Health Research (NIHR) Clinician Scientist at the University of Birmingham, and a Honorary Consultant Endocrinologist at Heart of England and the University Hospitals of Birmingham NHS Foundation Trusts. He is the lead for weight management research and diabetic neuropathy services at Birmingham Heartlands Hospital. He has published almost 300 peer-reviewed articles, book chapters and abstracts. He was invited to speak in the fields of obesity, diabetes, endocrinology and sleep medicine at many conferences such as Endo, American Diabetes Association (ADA), SLEEP, NeuroDiab, Young Diabetologists & Endocrinologists' Forum, The World Obesity Federation, Specialist Certification of Obesity Professional Education (SCOPE) School, EASDec, the Greek Obesity Society, continuing professional development activities for the Royal College of Physicians (London) and the Royal College of Physicians and Surgeons (Glasgow). He has won awards including the 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. 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 European Association for the Study of Diabetes (EASD), a trustee of the Association for the Study of Obesity (ASO) UK, a panel member of the NIHR Research for Patient Benefit 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 Society for Endocrinology (SfE) and a member of the Speciality Question writing group for the Membership of the Royal Colleges of Physicians of the United Kingdom (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 Medical Research Council (MRC), the Biotechnology and Biological Sciences Research Council (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, Journal of the American College of Cardiology (JACC), Diabetes Care, and Diabetologia.

Abd Tahrani is a clinician scientist supported by the National Institute for Health Research (NIHR) in the UK (CS-2013-13-029). The views expressed in this publication are those of the authors and not necessarily those of the National Health Service, the NIHR or the Department of Health.

Welcome to the Spring edition of *European Endocrinology*, which features a diverse range of articles covering a number of therapeutic areas. The increase in life expectancy in the 21st century has brought challenges in maintaining the musculoskeletal health of an ageing population. In our opening editorial by Laskou and Dennison discusses the impact of physical activity and nutrition on muscle and bone health in later life. Sarcopenia, or the decline of skeletal muscle tissue with age, is one of the most important causes of functional decline and loss of independence in older adults. In an editorial, Yannis Dionyssiotis describes current approaches to the diagnosis and management of sarcopenia.

As ever, the global crisis of diabetes features prominently in this issue, in particular the challenges of living with diabetes. In an editorial, Sanjay Kalra discusses the importance of family involvement in the care of patients with diabetes. Lifestyle interventions such as diet and physical activity can improve glycaemic control and other metabolic risk factors in patients with type 2 diabetes, but adherence to such interventions is often poor. In a review article, Gupta et al. discuss factors determining the success of therapeutic lifestyle interventions in type 2 diabetes, with a focus on the role of family and partner support. In another review, Rajiv Singla explores the paradoxical relationship between diabetes and obesity, and presents a fascinating hypothesis explaining the fact that, despite the established relationship between obesity and diabetes, people with a higher body mass index have demonstrated a survival advantage in terms of long-term complications of diabetes, especially cardiovascular morbidity.

We also present two original research studies in the field of diabetes. Tsai et al. have devised a new electronic type 1 diabetes knowledge test that is aimed at young people and has the potential to become a valuable clinical and research tool. In addition, Sanjay Kaira describes an exploratory study to assess the coping mechanism of women diagnosed with type 2 diabetes.

This edition features two case reports, with the aim of raising awareness of rare diseases of the thyroid gland. Singh and Vijayanathan describe an unusual occurrence of idiopathic thyroid abscess, for which prompt diagnosis is essential to avoid serious complications. Reddy et al. present a case of primary leiomyosarcoma, a life-threatening thyroid malignancy.

Our final review article is by Varlamov et al., and discusses the treatment of pituitary adenomas, which are the second most common intracranial tumour and whose incidence increases with age. A number of novel therapies are currently in clinical development, potentially offering an individualised approach to treatment.

European Endocrinology would like to thank all authors who contributed towards this edition. A special thanks goes to our Editorial Board for their continuing support and guidance. Thanks also go to all organisations and media partners for their ongoing support. We hope that the expert content provides useful information and discussions that are relevant to your practice and interests.