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 Kaira 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 leicomyosarcoma, 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.

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