

## 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.*

**W**elcome to the latest edition of *European Endocrinology*, which features a range of articles describing current practices and research that directly affect endocrinologists, as well as being of interest to the wider biomedical community.

Diabetes is the focus of several articles, reflecting the importance of this disease, the incidence of which is growing at an unprecedented rate. In an expert interview, Chantal Mathieu discusses the latest developments in the treatment of type 1 (T1D) and type 2 diabetes (T2D). Two editorials by Kalra et al. discuss the flexibility of modern sulfonylureas in the management of T2D and evidence supporting its benefits in renal health. The third describes the concept of euthymia, or optimal mood, in diabetes. Heinemann et al., describe the proceedings of a satellite symposium on the future of self-monitoring of blood glucose (SMBG) and continuous glucose monitoring (CGM), which took place during the 11th International Conference on Advanced Technologies & Treatments for Diabetes (ATTD 2018). Following the pivotal EMPA-REG OUTCOME study, empagliflozin was approved by the US Food and Drug Administration (FDA) for the reduction of cardiovascular (CV) death in adults with T2D and CV disease (CVD). David Fitchett reviews the EMPA-REG OUTCOME study and its implications for clinical practice.

Insulin therapy presents an additional financial burden on healthcare systems. Hellmund et al. investigate the economic benefits of flash glucose monitoring compared with routine SMBG. Flash glucose monitoring is also the subject of two Swedish research studies by Bilir et al., which assess the cost-effectiveness of using flash monitoring versus SMBG in patients with both T1D and T2D. Hypoglycaemia remains a significant barrier to optimal glycaemic control in patients with insulin-treated diabetes. Adolfsson et al. review the clinical and financial implications of hypoglycaemia and also discuss the evidence supporting CGM in reducing the burden of hypoglycaemia.

Another issue associated with insulin use in both T1D and T2D is the worsening of obesity. Raveendran et al. explore the evidence for non-pharmacological interventions, including medical nutrition interventions, change of lifestyles and bariatric surgery, in the management of diabetes. Abdalla et al. investigate possible associations between salivary leptin concentrations with body mass index, whole body fat percentage and fat distribution in healthy adult Malay males.

In other areas of endocrinology, Zahr and Fleseriu discuss recent advances in the diagnosis, screening and treatment of acromegaly. Corsello et al. review the mechanism and unmet needs of mitotane therapy in adrenocortical carcinoma. Grinspon et al. discuss the challenges of defining male central hypogonadism in childhood.

*European Endocrinology* would like to thank all participants on this edition, from organisations to individuals. A special thanks goes to our Editorial Board for their continuing support and guidance. We are also grateful to the expert authors, who gave their valuable time and effort to produce these insightful articles. We hope that the topics covered provide something of interest for every reader, and that you find this edition useful and thought-provoking. □