

Foreword



John Doupis

Dr John Doupis is a former clinical research fellow of the Joslin Diabetes Center, Harvard Medical School, in Boston, MA, USA and scientific partner in Beth Israel Deaconess Foot Center Harvard Medical School, Boston, MA. Currently, he is directing the Diabetes Division and Clinical Research Center of Iatriko P. Falirou Medical Center in Athens, Greece. He has served as a principal investigator in many multicentre phase I, II, III and IV clinical trials, most of which have been published in international journals or presented at congresses. He is a registered reviewer and a member of the editorial board for many major diabetes medical journals. He has given numerous lectures in national and international congresses, presenting over 200 abstracts. His special areas of interest are diabetes and its complications, especially obesity, diabetic neuropathy, diabetic foot, as well as the glucose sensing technologies and insulin pumps. In these fields, he has published more than 50 papers in international medical journals, having more than 1,500 citations.

Welcome to the latest edition of *touchREVIEWS in Endocrinology*, which features a diverse selection of editorials, reviews and original research articles exploring current developments in endocrine and metabolic care, from evolving diagnostic approaches to advances in treatment and the challenges of translating evidence into clinical practice.

We begin with an editorial from Matos and colleagues, who examine the role of the cannulated prolactin test in investigating mild hyperprolactinemia. Drawing on published evidence, the authors propose a stepwise approach to testing to support clinical decision-making.

In diabetes care, Chivate and co-authors explore the clinical benefits and potential behavioral risks of obesity-focused management in young people with type 2 diabetes. Their review highlights the importance of recognizing and addressing disordered eating behaviors when using GLP-1 receptor agonists in this population.

Young and colleagues examine the evolving roles of GLP-1 receptor agonists and dual GLP-1/glucose-dependent insulinotropic polypeptide receptor agonists in managing type 2 diabetes and cardiovascular–kidney–metabolic risk. Their review highlights the shift toward integrated treatment strategies addressing cardiovascular and renal outcomes alongside glycemic control and weight management.

Turning to other endocrine disorders, Concepción-Zavaleta and co-authors present a practical approach to diagnosing non-diabetic endocrine neuropathies. Their review explores the neurological manifestations of conditions including hypothyroidism, acromegaly and adrenal dysfunction, emphasizing the importance of early recognition.

Borozan and colleagues explore the potential of combining GLP-1 receptor agonists and sodium-glucose cotransporter-2 inhibitors to address cardiovascular, kidney and metabolic risk. Their article advocates for early, individualized and multidisciplinary intervention to improve long-term outcomes.

This issue also features original research from Tun and colleagues, who investigate real-world outcomes with tirzepatide in adults with type 2 diabetes. Their findings demonstrate improvements in glycemic control, body weight and cardiometabolic risk markers in routine secondary care.

Finally, Kapoor and colleagues assess healthcare professionals' knowledge, attitudes and practices regarding continuous glucose monitoring (CGM) and self-monitoring of blood glucose in India. Their findings highlight barriers to wider CGM adoption, including cost and the need for further training.

We would like to thank all those who contributed the insightful and informative articles included in this edition. A special thanks also goes to our editorial board for their continuing support and guidance. We are also grateful to all organizations and media partners for their ongoing support. We hope that you find these topical articles interesting and informative. □