

The Voice of the Editor-in-Chief



Dear Colleagues,

The progress of civilization, urbanization and related socio-economic changes lead to a change in the lifestyle of many societies, which, however, is not always beneficial in terms of health. The nutritional patterns are shifted towards increased use of highly-processed ready-to-eat food products characterized by high calorie content and high glycemic index but low nutritional value. Additionally, numerous facilities in everyday life favor the sedentary lifestyle without regular physical activity. These changes lead to an increased incidence of overweight and obesity and, as a consequence, to more and more often diagnosed type 2 diabetes. The basis of treatment of type 2 diabetes is behavioral modification which, however, is difficult to maintain and ineffective in a long-term perspective. Therefore, it must be based on broadly understood pharmacotherapy. However, pharmacotherapy is also related

with some threats such as hypoglycemia, weight gain or complex therapeutic regimens. As a consequence, despite the availability of many groups of antidiabetic drugs, including those markedly reducing cardiovascular risk, most patients have insufficient metabolic control. Another challenge is effective and safe use of antidiabetic drugs to minimize side effects, improve adherence, increase the acceptance of the disease and reduce the risk of development and progression of vascular complications and thus improve the quality of life of patients with diabetes.

I strongly encourage you to read this issue of our journal containing articles that discuss above-mentioned topics and indicate close associations between the achievements of basic science and clinical trials assessing the effectiveness and safety of new therapies.

Editor-in-Chief

A handwritten signature in black ink, appearing to read 'J. Gumprecht', written in a cursive style.

Prof. Janusz Gumprecht