



Dear Colleagues and Readers,

Every year, presenting you with the fourth issue of our journal, we think of passing holiday. We wish that reading the "Polish Journal of Endocrinology" would facilitate you sometimes difficult transition from holiday time of jauntiness to reality.

The *Original papers* section commences with the report on diagnostic difficulties with determination of chromogranin A (CgA), which is a main, nonspecific neuroendocrine tumor (NET) marker, applied for diagnostic purposes and for monitoring the treatment of NET. The authors heed to limitations of this marker pointing out to, for example, type of biological material (blood plasma or serum) used in IRMA and ELISA methods.

The second paper, authored by researchers from Gulhane Military Medical Academy in Ankara proved that ghrelin may constitute an important link between the regulation of reproduction and metabolic homeostasis. This conclusion is based on assessing the interaction between insulin resistance and ghrelin levels in hypogonadal men treated with testosterone (T) therapy.

Interesting observations on cardiovascular risk factors were undertaken by authors of a cross-sectional study on almost 1500 people with normal glucose tolerance (NGT), who were first degree relatives of type 2 diabetics. The authors showed that NGT subjects with one hour post load glucose level ≥ 155 mg/dL demonstrate more frequent occurrence of cardiovascular risk factors.

Continuing the cycle of diabetological articles, we present the results of study which are a part of a multicentre, international, open-label and non-randomised IMPROVE™ study. The study involved type 2 diabetics, who were observed for 26 weeks to assess safety and effectiveness of biphasic insulin aspart 30 (BIAsp 30).

Original papers section is closed with two articles by Iranian authors regarding pediatric endocrinology. The authors of the first paper, motivated by the high prevalence of congenital hypothyroidism (CH) in their

country, undertook the study on comparing urine iodine concentration of healthy and congenitally hypothyroid neonates as well as urine and milk iodine concentration of their mothers.

The second article presents study on prevalence of vitamin D deficiency in Isfahan children. The authors conclude that elongated exposure to sunlight (even in very sunny countries) together with increased dosage of vitamin D daily intake in diet may prevent vitamin D deficiency in these children.

In *Review* section we return to issues of chromogranin A determination. In a useful for practitioners manner, the team of authors from Warsaw reports an influence of numerous factors on CgA concentration, especially including medication and co-existing diseases.

Another paper in this section presents advances in molecular biology and latest scientific reports on structure and function of glucose transporters (GLUT and SGLT). These transporters play a key role in an insulin resistance pathogenesis leading to endocrinopathy and metabolic disorders. Research on expression and function of glucose transporters lead to new clinical and pharmacotherapeutic achievements, facilitating our clinical practice.

In the *Case reports* section, we present 29-year-old patient, who developed hypothalamus function disorder as a result of labor complications. Plasma concentrations of adipokines, neuropeptides and hormones of the gastrointestinal tract are especially worth analyzing as the obesity observed in this patient was resistant to classic treatment and only when bariatrics was applied the body mass reduction was observed.

The second case study presents a story of a patient admitted to the department of internal medicine due to anemia and progressive weakness, with recognized hypothyroidism and adrenal gland insufficiency in the course of the empty sella syndrome.

The paper presented in the *Postgraduate education* section surely will interest all Readers in alopecia diagnostics methods in patients with endocrinopathies.

The authors from dermatology departments in Warsaw present up-to-date diagnostic methods for this issue, so frequent in daily endocrinology practice, thereby they encourage to interdisciplinary collaboration.

Another, extraordinary matter discussed in this section is transsexualism, which is an example of a need of involving specialists from numerous medicine departments. The authors from Wrocław presented up-to-date diagnostic methods and therapy of transsexual cases as

well as most frequent complications of the hormonal intervention.

We hope you will find this issue of the "Polish Journal of Endocrinology" a significant source of information worth applying not only in your clinical but also your scientific activity.

We encourage all Readers to participate in numerous scientific and educational endocrinological events, which are portend for the near future.

On behalf of the Editors

Beata Kos-Kudła