



## Dear Colleagues and Readers,

The *Original papers* section starts with reports on obesity, an important civilisation problem of the 21<sup>st</sup> century.

The first report, authored by researchers from Gdansk, addresses the relationship between the amount of the adipose tissue and metabolic complications, adipokine levels and proinflammatory cytokine levels, and the effects of low-calorie diet on reducing chronic inflammation in overweight or obese patients.

The second report, authored by researchers from Bydgoszcz, addresses the continuously controversial role of visfatin in the development of obesity, diabetes mellitus and metabolic syndrome.

Authors from Katowice, who have spent years doing research in obesity, report on their efforts to find a relationship between depression in obese women and plasma levels of ghrelin (which stimulates the secretion of NPY) and peptide YY (which inhibits the secretion of NPY, a peptide known for its anxiolytic effects).

The fourth original paper, authored by researchers from Lodz, presents conclusions from a study aimed to find a relationship between the response of somatotropin-releasing pituitary adenomas and the cellular location of the SSTR2 and SSTR5 somatostatin receptors.

Authors from the Department of Internal Medicine and Diabetes in Warsaw demonstrate in their paper that peripheral blood lymphocytes may constitute an interesting research model that might make it easier to discover the mechanisms leading to insulin resistance thanks to flow cytometry.

The increased incidence of thyroid nodules among the inhabitants of the central part of Iran despite the correction of iodine deficiency is reported by authors from the Isfahan University of Medical Sciences.

In the *Reviews* section we have the pleasure to present a paper by our Brazilian and Australian colleagues on neuroendocrine body weight regulation. A better understanding of the mechanisms affecting the regulation of energy metabolism may facilitate the development of new therapies of obesity, metabolic syndrome and other eating disorders.

The second review, authored by researchers from Wroclaw, demonstrates beneficial effects of physical activity on cardiopulmonary function and reduced cardiovascular risk in women with PCOS.

In the *Case reports* section we would like to draw your attention to the description of a 9-year follow-up of a patient with MEN 1 and to the case of premature ovarian failure in a 31-year-old woman with a 47,XXX karyotype.

In the *Postgraduate education* section renowned authorities from Australia present clinically relevant problems of the pathogenesis of thyroid eye disease, including the new potential factors involved in the autoimmune reactions observed in this condition.

In this section the reader will also find the 2009 Polish recommendations on the prevention of vitamin D deficiency.

And finally, in the *Congressional papers* section, we present abstracts from the 4<sup>th</sup> Polish Scientific Conference on the Progress in the Diagnosis and Treatment of Neuroendocrine Tumours which is going to be held on 16–17 April 2010.

We would like to wish fruitful discussions to all the participants of this conference and hope that in this issue of the "Polish Journal of Endocrinology" all our readers will find interesting data inspiring to conduct new studies and practical information for doctors directly dealing with patients suffering from endocrine disorders.

On behalf of the Editors

Beata Kos-Kudla