

EDITORIAL

Endocrinología, Diabetes y Nutrición: Year in review
2022

Endocrinología, Diabetes y Nutrición: resumen del año 2022

Assumpta Caixàs^a, María Ballesteros^b, José Antonio Gimeno^c, Pedro Iglesias^d,
Edelmiro Menéndez^e, Nuria Valdés^f, Ana M. Wägner^{g,*}

^a Department of Endocrinology and Nutrition, Consorcio Sanitario Universitario Parc Taulí [Parc Taulí University Healthcare Consortium], Sabadell, Spain

^b Department of Endocrinology and Nutrition, Complejo Asistencial Universitario de León [León University Healthcare Complex], León, Spain

^c Department of Endocrinology and Nutrition, Hospital Clínico Universitario Lozano Blesa [Lozano Blesa University Clinical Hospital], Zaragoza, Spain

^d Department of Endocrinology and Nutrition, Hospital Universitario Puerta de Hierro [Puerta de Hierro University Hospital], Majadahonda, Madrid, Spain

^e Department of Endocrinology and Nutrition, Hospital Universitario Central de Asturias [Asturias Central University Hospital], Oviedo, Spain

^f Department of Endocrinology and Nutrition, Hospital de Cabueñes [Cabueñes Hospital], Gijón, Spain

^g Department of Endocrinology and Nutrition, Complejo Hospitalario Universitario Insular Materno-Infantil [Island Maternal and Child University Hospital Complex], Las Palmas de Gran Canaria, Instituto de Investigaciones Biomédicas y Sanitarias [Institute of Biomedical and Healthcare Research], Universidad de Las Palmas de Gran Canaria [University of Las Palmas de Gran Canaria], Spain

As is becoming customary at the year-end, below is a summary of what we have published in the journal during 2022, organised by subject. When this editorial was produced, and with two months to go before the end of the year, we have already received more than 300 articles to evaluate, which has obliged us to have a rejection rate of 73%. We thank all the researchers for their contributions and the work of all the reviewers, who help to improve the journal's quality. There have also been changes in the composition of the

editorial committee this year: two associate editors were replaced and we were joined by two editors-in-chief, who will share the position from now on. Changing only one of them every two years will contribute to the continuity of their work.

Diabetes

In the field of diabetes, the treatment and management of type 1 diabetes during pregnancy was reviewed (Amigó et al.), as were the diagnostic methods for gestational diabetes (Pinés et al.). The effect of the COVID pandemic on glycaemic control (Ramalho et al.) and on the training of

* Corresponding author.

E-mail address: ana.wagner@ulpgc.es (A.M. Wägner).

residents in the specialty (Zugasti et al.) was analysed. The impact of continuous flash monitoring systems on hypoglycaemia and costs in type 1 diabetes were analysed (Leiva et al.), as were satisfaction, quality of life and glycaemic control (Mateu et al., Jiménez et al., Pujante et al.). Two large studies in type 2 diabetes evaluated therapeutic inertia (Hidalgo et al.) and the use of resources associated with cardiovascular and kidney complications (Sicras et al.). Lastly, a systematic review underscored the effectiveness of therapeutic education in type 2 diabetes (Bağrıaçık et al.), and two innovative educational programmes were published: one for hospitalised patients (Yago et al.) and the other based on *gamification* (Bujanda et al.).

Vascular risk and dyslipidaemia

In the field of diabetes and its association with vascular risk, an interesting editorial reflected upon the need to individualise and standardise the assessment of cardiovascular risk in persons with type 1 and type 2 diabetes (Ortega et al.).

A high prevalence (32%) of lipid profile disorders in obese children was reported (Lopez-Galisteo et al.), the benefits of reducing the intake of artificially sweetened drinks for body weight and lipid profile (Viveros-Watty et al.) was addressed, and another article discussed how, in endocrinology departments in our country, the priority use of evolocumab is reserved for patients with familial hypercholesterolaemia (Pérez et al.).

Lastly, Vargas et al. reviewed the renin-angiotensin system, and an editorial by Cebollado et al. pondered the usefulness of treatment with colchicine for reducing residual risk attributable to inflammation.

Obesity

The year kicked off with an update on the diagnosis and treatment of adults with Prader-Willi syndrome (Caixàs et al.). A study of the modifiable aspects of the lifestyles of children with abdominal obesity and overweight in Colombia and Chile concluded that poor adherence to a Mediterranean diet and a lack of physical exercise are the main causes that require immediate intervention (Caixàs et al.). In the population in Chile, a good correlation between tri-ponderal mass index and percentage of body fat was observed (Gómez-Campos et al.).

Genetic aspects, such as the presence of the VNTR (CAG)n polymorphism in exon 1 of gene *ATXN2*, of the Amerindian population of Oaxaca and their association with the level of obesity in adults with Chinantec ancestry were discussed (Dávalos-Rodríguez et al.). In contrast, results from the GENADIO study showed that the rs483145 polymorphism of *MC4R* gene is not associated with obesity in the Chilean population (Mardones et al.).

Nutrition

The findings of the NutRICA Project on nutritional and metabolic therapy in post-abdominal surgery enhanced recovery programmes were presented (Ocon et al.). Also

noteworthy were two national multicentre studies: one on the aetiological diagnosis of hyponatraemia in non-critical patients with total parenteral nutrition (Ortolá et al.) and the other on the effectiveness of a hypercaloric, hyperproteic enteral nutritional formula for people with diabetes (Ballesteros-Pomar et al.).

Eating disorders in sport were reviewed, and a holistic approach was proposed (Marí-Sanchis et al.). MELAS (*Mitochondrial Encephalopathy, Lactic Acidosis and Stroke-like episodes*) syndrome was reviewed through a case report (Pérez-Cruz et al.). A systematic review concluded that leucine supplementation, combined with protein supplements, is an effective treatment for sarcopenia (Conde Maldonado et al.). Lastly, Moya-Moya et al. reported on the low perception of knowledge about hospital clinical nutrition among resident doctors in a tertiary hospital.

Thyroid gland

An Argentinian work (Tolaba et al.) was published showing that the genetic study of thyroid nodules with indeterminate cytology reduces unnecessary surgery. The usefulness of radiofrequency for reducing the size and symptoms of benign, non-functional thyroid nodules was confirmed (Rodríguez et al.), and it was demonstrated that the prognosis of familial non-medullary thyroid carcinoma is similar to that of sporadic cancer (Artajo et al.). The results of two surveys were published: one with primary care doctors (Diez et al.) on the treatment of primary hypothyroidism in adults and another with endocrinologists (Galofré et al.) on the use of thyroid hormones in hypothyroid patients and euthyroid subjects. Lastly, a study on the regulation of cellular redox state and DNA methyltransferase-1 expression in mononuclear peripheral blood cells in Graves-Basedow disease was published (Saban et al.).

Other areas of endocrinology

In pituitary disorders, the usefulness of cortisol in the early postoperative phase as a predictor of corticotropic function was analysed (Irigaray Echarri et al.), and a macroprolactin screening strategy in hyperprolactinaemia was established (Biagetti et al.). The experience of post-thyroidectomy hypoparathyroidism in children was reported (García-García et al.), as were the recommendations for genetic study in primary hyperparathyroidism (Capel et al.). Guidelines for the management of mineral and bone metabolism disorders during pregnancy and lactation were presented (García Martín et al.). Lastly, two editorials were published on the recommendations for the initial study and monitoring of asymptomatic carriers of mutations in succinate dehydrogenase genes (Navarro González et al.) and on the role of immunotherapy in endocrine cancer (Sanchez and Iglesias).

In summary, it has been a year of varied, highly interesting articles, as reflected by the journal's rising impact factor. We trust that you will continue to send us your works, without which this journal would not be possible.

Happy Holidays and Happy New Year 2023.