
EDITORIAL

A new year of discovery, collaboration, and progress in endocrinology – 2025 and beyond

As we enter 2025, we are excited to begin another year of advancing evidence-based endocrinology together. Our journal is committed to fostering collaboration, facilitating the dissemination of scientific knowledge, and providing a platform for meaningful contributions from researchers, clinicians, and academics from South Africa, and around the globe.

In 2025, we look forward to publishing a diverse range of articles that reflect the exciting research being done in endocrinology. Our upcoming issues will feature comprehensive **reviews** on the latest developments in key areas such as diabetes, thyroid disorders, adrenal dysfunction, reproductive endocrinology, and paediatric endocrinology. These reviews will provide our readers with a consolidated view of current evidence, emerging therapies, and the latest diagnostic tools that are shaping clinical practice today.

We will also continue to highlight **case reports** that offer unique and valuable insights into the practical application of endocrinological knowledge. These case studies will offer our readers the opportunity to learn from real-world scenarios, emphasising novel treatments, diagnostic challenges, and the interdisciplinary approach needed to tackle complex endocrine disorders. Each case report aims to spark thought-provoking discussions and provide practical learning tools for clinicians across all levels of expertise.

In addition to these reviews and case reports, we are excited to publish **clinical signs**, where we will delve into the clinical presentation of various endocrine disorders. These articles are crucial for enhancing diagnostic accuracy and empowering clinicians with the knowledge needed to make informed, timely diagnoses.

As always, we invite you—our esteemed colleagues and contributors—to consider sharing your scientific work with us. The endocrine field is vibrant, diverse, and ever-changing, and your contributions are crucial to its progress. Whether you are working on a novel research study, a clinical breakthrough, or an innovative therapeutic approach, we encourage you to submit your work to our journal. By publishing in our journal, you will be joining a community of experts and thought leaders dedicated to advancing the science and practice of endocrinology.

Diabetes complications are widespread and contribute significantly to both morbidity and mortality, with lower limb amputations being one of the most severe outcomes. These

complications often begin with something as seemingly minor as a foot ulcer. However, they are largely preventable through effective self-management and diligent diabetes control. In this issue, Moshoeshoe et al. present insightful data on the levels of diabetes knowledge and self-management practices among individuals attending the Helen Joseph Diabetes Clinic. Meanwhile, Thompson et al. delve into the critical connection between onychomycosis and the onset of foot ulcers—the precursor to devastating lower limb amputations—in people living with diabetes. Both studies underscore the importance of early intervention and proactive care in preventing these life-altering complications.

Autoimmune diseases are on the rise globally, and the quest for a solution to prevent autoimmune damage remains one of the most coveted goals in modern medicine. Type 1 diabetes, a quintessential example of an autoimmune disease, highlights the devastation caused by autoimmune damage. A groundbreaking medical breakthrough would be the ability to halt the autoimmune destruction of pancreatic beta cells, thereby preserving insulin production. In this issue, Pillay et al. provide a comprehensive review of the efficacy of immunosuppression in safeguarding beta cell function and reducing the insulin requirements of individuals living with Type 1 diabetes.

Adrenal incidentalomas are a common finding, typically benign, yet they often raise concerns due to the fear of a potential adrenal carcinoma. While an adrenal carcinoma is rare, it is a particularly aggressive malignancy, associated with high morbidity and mortality due to its tendency to be diagnosed at a late stage, often after it has already metastasised. In this issue, Davids et al. present a compelling case of an atypical presentation of an adrenal carcinoma, offering valuable insights into the complexities of its diagnosis and the challenges posed by its late-stage detection.

Together, let's make 2025 a year of new discoveries, enhanced clinical practice, and shared knowledge. We are thrilled to continue to provide a platform for your work, and we look forward to collaborating with you.

With warmest regards,

Joel Dave

Editor: Journal of Endocrinology, Metabolism and Diabetes of South Africa