
EDITORIAL

As the new editor of the Journal of Endocrinology, Metabolism and Diabetes of South Africa (JEMDSA), I am honoured to contribute to a publication that has long been a beacon of knowledge and clinical excellence. The journal's role in disseminating essential research and guidelines, shaping clinical practice, and fostering a community of clinician-scientists, has never been more crucial. In an era where endocrine disorders are on the rise and the healthcare landscape is rapidly evolving, JEMDSA's involvement in advancing knowledge, progress and understanding of complex conditions is essential.

Endocrine disorders present many intricate challenges making the need for research to guide clinical decisions paramount. JEMDSA stands at the forefront of this effort, providing a platform for high-quality research that not only informs practice but also inspires innovation. We need to continue the role of JEMDSA as a vital resource for clinicians, researchers, and healthcare professionals dedicated to improving patient outcomes through evidence-based medicine. As we look to the future, JEMDSA is poised to expand its scope and impact. In the coming issues, we will introduce a range of new content types, including reviews, case reports, images of endocrine disease, and debates on controversial topics, fostering a dynamic exchange of ideas that will challenge existing paradigms and, hopefully, stimulate further research.

In the current issue of JEMDSA, we explore a critical area of diabetes management, focusing on the relationship between metformin use and vitamin B12 deficiency. While the association between metformin and vitamin B12 deficiency is well-documented, there remains a paucity of data from South Africa and other low- to middle-income countries. Addressing this gap, Naidoo et al. present a study examining the impact of metformin administration on vitamin B12 concentrations, offering valuable insights into the implications for clinical practice in these settings. Some important complications of diabetes are frequently overshadowed by the more severe microvascular and macrovascular issues. Among these under-recognised complications is erectile dysfunction, a condition that profoundly impacts the quality of life for many men with diabetes. Mathekga et al. contribute to this important area of research with a cross-sectional study that explores the relationship between

glycaemic control and the severity of erectile dysfunction in men with diabetes, offering new insights that underscore the need for comprehensive care in diabetes management. Continuing the current theme of diabetes, we turn our attention to one of the most feared complications: a hyperglycaemic crisis. This condition is associated with significant increases in morbidity and mortality, with a particularly high prevalence in low- to middle-income countries where it often leads to greater mortality. Getie et al. have performed a systematic review and meta-analysis of studies on hyperglycaemic crises conducted in Ethiopia, providing a critical view from a low-income country and offering us valuable insights into the comparative mortality and outcomes when contrasted with high-income countries. Lastly, shifting the focus to thyroid disease, we address the management of hypothyroidism, a condition that is both common and easily treated with levothyroxine. Despite achieving normal thyroid function tests on levothyroxine, many patients continue to experience persistent symptoms, impacting their overall well-being. In this issue, Mbuyi et al. present an important assessment of the quality of life in individuals with hypothyroidism who are undergoing treatment with levothyroxine, offering critical insights into the assessment of quality of life in these patients.

The continued success of JEMDSA relies on the active participation of the endocrine community in South Africa. I strongly encourage all clinicians, researchers, and scholars to please submit their manuscripts to our journal. Whether you are conducting groundbreaking research, reporting on a unique case, or offering a comprehensive review of a specific topic, your contributions are invaluable. By sharing your work with JEMDSA, you play a pivotal role in advancing our collective knowledge and shaping the future of endocrinology in South Africa and beyond.

JEMDSA is more than just a journal; it is a reflection of the passion, dedication, and expertise of the South African endocrine community. Together, we can continue the legacy in South Africa of excellence in endocrine research and ensure that our work has a lasting impact on patient care. I am excited to embark on this journey with you and look forward to the many advancements and knowledge sharing that lie ahead

Joel Dave