

Comment

The paper “Concentration of 25(OH)D₃ in hospitalised patients with type 1 diabetes” by Małgorzata Godziejewska-Zawada and Paulina Surowiec is devoted to the evaluation of the levels of vitamin D₃ in hospitalised patients with type 1 diabetes, as well as an analysis of the correlation between serum vitamin D₃ levels and diabetes compensation as well as its seasonal variability. The authors demonstrated that vitamin D₃ deficiency is common in hospitalised patients with type 1 diabetes – reaching an average of half of its recommended serum levels. Therefore, vitamin D₃ supplementation is indicated in patients with type 1 diabetes mellitus.

In the article “Prevention and treatment of steroid-induced osteoporosis – recommendations vs clinical practice”, Karolina Nowak presents a study whose aim was to evaluate whether patients chronically treated with glucocorticoids receive adequate prevention and treatment of glucocorticoid-induced osteoporosis, as in accordance with current Polish recommendations, as well as to investigate vitamin D deficiency in this population. The study clearly shows that patients chronically treated with glucocorticoids require more strict surveillance in terms of steroid-induced osteoporosis prevention (especially vitamin D supplementation) and treatment in order to prevent fractures and disability.

In the paper „Evaluation of factors affecting Quality of Life in acromegaly”, Stanisław Zgliczyński et al. present an evaluation of the quality of life in patients with acromegaly, based on the AcroQoL questionnaire. The author demonstrated that osteoarticular symptoms, respiratory dysfunctions and changes in the appearance are factors that have the greatest impact on the quality of life in these patients. Furthermore, the quality of life was significantly improved in professionally active individuals.

In their article entitled “The effect of the consumed meal and of serum sample freezing/thawing cycles on the chromogranin A (CgA) blood level”, Piotr Glinicki et al. discuss the results of a study which demonstrated no statistically significant differences in either postprandial CgA levels or after three consecutive freezing/thawing cycles. Although meals had no effects on serum CgA levels in most patients, the effect was significant in some cases; therefore it seems reasonable to use fasting blood specimens.

In the article “Marine-Lenhart syndrome”, Agnieszka Majos et al. described a case of a 40-year-old woman with a history of autonomous thyroid nodule and seven years of symptoms of severe hyperthyroidism in the course of Graves’ disease. The author also presented the diagnostic process and treatment strategy, as well as analysed other cases of Marine-Lenhart syndrome reported in the literature, pointing out that the diagnosis of the syndrome may be difficult due to variations in the scintigraphic picture of the nodules and thyroid parenchyma. The author concludes that close clinical follow-up combined with an assessment of serum anti-TSH receptor antibodies and thyroid imaging procedures, such as scintigraphy and ultrasonography, are necessary for the proper diagnosis and an appropriate treatment strategy.

A review paper by Małgorzata Gietka-Czernel et al., which is entitled “Multiple endocrine neoplasia type 1”, discusses the causes, course and treatment of the disease in question. Untreated patients die by the age of 50 years, with malignant neuroendocrine tumour of the pancreas or thymus being the main cause of death. The management of patients with MEN1 may be challenging. Permanent surveillance with periodic biochemical and radiological screening is needed in these patients and their first-degree relatives who are carriers of *MEN1* mutations.

The article “Impairment of male fertility – a consequential problem of our time. The impact of obesity and related metabolic disorders” by Jarosław Kozakowski and Piotr Dudek is devoted to the impact of obesity and type 2 diabetes on the hormonal control of spermatogenesis and the direct effects of these factors on the process of sperm production. Progressive deterioration of semen quality and damage to the genetic material (DNA) of germ cells is observed in these conditions.

In another paper, which is entitled “Testosterone supplementation in men”, Piotr Dudek and Jarosław Kozakowski focus on the use of testosterone for the treatment of hypogonadism. Testosterone therapy may bring several benefits regarding body composition, improved metabolic control, psychological and sexual parameters.

In the article “Difficulties in Graves-Basedow disease treatment”, Ewa Szczepańska et al. discuss the clinical problem of choosing an optimal treatment strategy for hyperthyroidism due to Graves-Basedow disease. The author notes that at present there is a retreat from radical methods of thyrotoxicosis treatment, such as radioiodine therapy or thyroidectomy, as well as that most clinicians and patients prefer treatment with an antithyroid agent.

In the paper “Hyperthyroidism during pregnancy” by Kamila Tańska and Małgorzata Gietka-Czernel, the treatment of hyperthyroidism, which affects 2-3% of the population of pregnant women, is discussed. Untreated disease is associated with an increased risk of pregnancy loss, preterm delivery and stillbirths. It can also lead to low birth weight, foetal and neonatal thyroid dysfunction and maternal congestive heart failure, hypertension, preeclampsia and thyroid storm.

The paper “Lithium therapy and thyroid disorders” by Helena Jastrzębska is devoted to the effects of lithium on the thyroid gland. Lithium may cause goitre and hypothyroidism, as well as autoimmune thyroid disease. Due to its ability to inhibit thyroid hormone secretion, lithium can be used to treat thyroid diseases, including hyperthyroidism. It is not used as first-line treatment due to adverse effects and the availability of other potent antithyroid agents.

In her article “Vitamin D and autoimmune thyroid diseases”, Magdalena Kochman discusses the association of vitamin D deficiency with autoimmune thyroid diseases, including Hashimoto’s thyroiditis, postpartum thyroiditis and Graves’ disease. Also The author also refers to the effects of vitamin D supplementation on the development and progression of autoimmune thyroid disease.

In the paper “Usefulness of scintigraphy imaging in the diagnostics of adrenal diseases” by Agnieszka Łebek-Szatańska et al., different types of radionuclide imaging and their position in the diagnostic and therapeutic process in adrenal gland diseases are discussed. In practice, 123I-MIBG and somatostatin receptor scintigraphy using tectretotide are most commonly used methods. Radiolabelled norcholesterol NP-59 scintigraphy is less common. The development of more accurate methods for spatial imaging, including positron emission tomography (PET), as well as inventing new radiopharmaceuticals with better physicochemical parameters translates into a wider use of these tests. PET using 18F-fluorodeoxyglucose as a radio-tracer, which is the most available test, is most often used to distinguish between benign and malignant tumours. In turn, PET imaging with 68Ga-conjugated peptides is an alternative for classic somatostatin receptor scintigraphy, yet with higher sensitivity.

In their paper entitled “Adiponectin as a neuropeptide”, Agnieszka Baranowska-Bik and Małgorzata Waszkiewicz-Hanke present current knowledge on the interactions between adiponectin and the central nervous system, as well as the role of adiponectin in selected neurological diseases. The authors point out that a therapeutic agent based on adiponectin might be a promising treatment method in neurological diseases.

The paper entitled “The Impact of Opioids on the Endocrine System” by Aleksandra Kruszyńska and Jadwiga Słowińska-Szrednicka is devoted to the effects of opioids, their influence on the endocrine system, especially their suppressive effects on the hypothalamic – pituitary – adrenal axis and the hypothalamic – pituitary – gonadal axis. Opiate-induced androgen deficiency (OPIAD) in men and worsening hypogonadism due to increased prolactin secretion are also discussed. The potential influence of opioids on the levels of other human hormones is also mentioned.

I hope that You will find this issue of “Progress in Medicine”, which is devoted to advancements in endocrinology, a useful read.

Professor Wojciech Zgliczyński, MD, PhD