ENDOCRINOLOGY RESEARCH AND PRACTICE

SOCIETY OF ENDOCRINOLOGY AND METABOLISM OF TÜRKİYE

EDITORIAL
Endocrinol Res Pract. 2026;30(1):1

Setting the Tone for the Year Ahead in Endocrinology Research and Practice

Dear Reader,

As we begin a new year, the January issue of *Endocrinology Research and Practice* brings together timely and clinically relevant contributions that reflect both the rapid technological progress in endocrinology and the growing recognition of lifestyle and biological rhythms in metabolic health.

One of the major original research articles in this issue, authored by Caldato and colleagues, focuses on glucose measurement methods, a cornerstone of diabetes management. Accurate glucose monitoring is essential for diagnosis, treatment decisions, and long-term complication prevention. In recent years, continuous glucose monitoring systems have gained wide acceptance, offering measurements derived from interstitial fluid rather than capillary blood. While these technologies provide valuable trends and convenience, their results are often compared to traditional blood glucose measurements without sufficient attention to how such comparisons should be made. By systematically analyzing existing data with both correlation and agreement approaches, the authors provide a clearer and more balanced interpretation of how these measurement techniques relate to each other.

Growing evidence suggests that misalignment between biological rhythms and daily social schedules can contribute to metabolic disturbances. The review article provides a clear overview of how chronotype is assessed, summarizes epidemiological data linking evening chronotype to increased risk of type 2 diabetes, and discusses potential underlying mechanisms.

Invited review article in this issue prepared by Professor Goulis,-a well known European expert on the issue- and his team, explores how to diagnose and treat male infertility contemporarily.

As the journal enters the new year, *Endocrinology Research and Practice* remains committed to publishing work that is scientifically rigorous, clinically relevant, and accessible to a broad readership. We hope that readers will find this issue informative and stimulating, and that the ideas presented here will encourage further research, discussion, and reflection.

We would like to convey our best wishes for the new year and hope all the best to our readers.

Sincerely,

Editor-in- Chief



Murat Faik Erdoğan

Department of Endocrinology and Metabolism, Ankara University Medical Faculty, Ankara, Türkiye

Publication Date: January 6, 2026

DOI: 10.5152/erp.2026.26001

Copyright @ Author(s) – Available online at http://endocrinolrespract.org
This journal is licensed under a Creative Commons (CC BY-NC-SA) 4.0 International License.