
EDITORIAL

As 2024 draws to a close, we find ourselves once again marking World Diabetes Day amid a global diabetes pandemic that continues to rise in prevalence. This chronic condition now ranks as a leading cause of morbidity and mortality, profoundly affecting individuals, families, communities, and entire nations. The escalating rates of diabetes not only impact quality of life for those affected but also place an immense financial and logistical burden on healthcare systems worldwide, straining resources and challenging providers to meet the needs of those at risk. Unfortunately, South Africa has not been spared with an estimated 4.2 million people with diabetes, and the prevalence is increasing.

This World Diabetes Day, we are reminded of the urgency to address this growing health crisis, which demands coordinated efforts in prevention, education, and improved access to treatment.

In recognition of World Diabetes Day and Diabetes Awareness Month, this issue features three out of five manuscripts dedicated to diabetes research and management. The theme for World Diabetes Day 2024, "Diabetes and Well-being," emphasises the goal of achieving optimal health and quality of life for people with diabetes. This goal is within reach, provided there is education, insight, willingness and access to the necessary technology and medications tailored to individual needs. However, without education, insight, willingness and adequate access, the risk of diabetes-related complications unfortunately increases.

In this issue, Makhabane et al. examine the outcomes of individuals with diabetes who were hospitalised at an academic

hospital in Johannesburg, shedding light on the challenges faced in clinical settings. Maduemezia et al. explore the knowledge and attitudes towards diabetes in a cohort of people with type 2 diabetes, providing insights into awareness and educational needs. Ferrari et al. share their experience with continuous glucose monitoring in individuals with type 1 diabetes living in rural areas, underscoring the impact of advanced technology on self-management in underserved regions.

This issue also addresses other critical health topics. Fragility fractures in individuals with osteoporosis remain a major source of morbidity and mortality, especially among the elderly, highlighting the importance of preventive strategies. Du Plessis et al. present findings from an observational study on fracture risk assessment in older adults with osteoporosis, in an effort to identify those who may benefit from early intervention and bone-specific treatments.

Lastly, while the COVID-19 pandemic has largely subsided, global reports of lingering health issues persist, affecting individuals who had COVID-19 or received SARS-CoV-2 vaccinations. Ji et al. delve into endocrine-related complications in people with a history of COVID-19, broadening our understanding of the long-term health impacts associated with the virus.

I would like to take this opportunity to wish everyone a safe and joyful festive season. Looking forward to more meaningful academic engagement with you all in 2025!

Joel Dave