
EDITORIAL

Welcome to the final issue of the journal for this year. There has been welcome relief from the trials of the COVID-19 pandemic in 2022. However, the political and economic turbulence with which we began the year has not abated locally or internationally. World Diabetes Day is commemorated on 14 November and the theme for 2022 is "education to protect tomorrow". Fittingly, most of the articles featured in this issue underscore the importance of patient and healthcare practitioner (HCP) education in improving the lives of people living with diabetes (PLWD).

Katey and colleagues conducted a systematic review of risk factors for type 2 diabetes in Ghana finding that physical inactivity and obesity were major factors in the development of type 2 diabetes in the region. They call for increased sensitisation and awareness within their region to educate people about the dynamics of the disease. Piotie and colleagues report on the Tshwane Insulin Project and underscored the challenges of initiating and titrating insulin in patients. On a similar note, Parker and colleagues investigated practical aspects of insulin administration and further highlighted the importance of HCP training in improving diabetes self-management.

In their paper *The spectrum of missed lower limb clinical findings at a diabetes clinic in Kwazulu Natal*, Thompson and colleagues

bring to the fore the importance of the podiatrist in the multi-disciplinary team caring for PLWD. It is worrisome to note their findings show more than two-thirds of patients had undocumented lower limb pathologies requiring treatment. Raharinalona and colleagues looked at the utility the ankle brachial index as a simple and reproducible tool to identify obliterating arteriopathy of the lower limb, particularly in low-resourced settings. Lastly in a correspondence piece, Bezuidenhout and colleagues acknowledge the value of Phiri-Ramongane and Khine's paper on the importance of reference intervals in the transgender population, but also stress the importance of adhering to appropriate terminology and recent guidelines in this developing area of practice.

The ongoing effort to improve the quality and readership of the journal requires the full participation of all practitioners working in the fields of diabetes and endocrinology. We would like to conclude with a plea to submit original research and appropriate and relevant review papers that will not only improve the body of knowledge in the field but also reinforce and foster collaboration between centres in our region.

Happy reading!

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