

Journal of Obesity & Metabolic Syndrome: A New International Journal Targeting the Pathophysiology and Treatment of Obesity and Metabolic Syndrome

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Obesity is growing in an epidemic fashion and obesity-related disorders contribute substantially to health-care costs and mortality.¹ Obesity and overweight are major risk factors for conditions ranging from nonalcoholic fatty liver disease, insulin resistance, diabetes mellitus, ischemic heart diseases, stroke, and some types of cancers.^{2,3} It is obvious that obesity—particularly abdominal obesity—is associated with an increased risk of atherosclerosis, which is mainly because of its close association with an atherogenic dyslipidemic state characterized by high triglyceride levels, increased circulating apolipoprotein-B, and an increased proportion of small dense low-density lipoprotein cholesterol and of low high-density lipoprotein cholesterol levels.^{4,5} Obesity is also associated with other adverse health conditions, such as arthritis and arthralgia, sleep apnea syndrome, mental disorders, and infections. Thus, being overweight or obese has become a major clinical and public health problem. The problems induced by obesity are found not only in Western countries but also in Asia.

Metabolic syndrome is a cluster of factors linked with metabolic impairment, which increases cardiometabolic morbidity and mortality as well as all-cause mortality.⁶ Metabolic syndrome is

based on insulin resistance and is also associated with the development of nonalcoholic fatty liver disease and type 2 diabetes. Indeed, metabolic syndrome predisposes individuals to developing type 2 diabetes and cardiovascular diseases. In the USA, 23.7% of the population (24.0% of men and 23.4% of women) was classified as having metabolic syndrome by the National Cholesterol Education Program-Adult Treatment Panel III definition when the third National Health and Nutrition Examination Survey (NHANES) data were used.^{7,8} At present, about 100 million American adults are reported to be affected by metabolic syndrome. Furthermore, Asian-Americans were found to have a higher prevalence of metabolic syndrome than did Caucasian-Americans, after adjusting for age, body size, body composition, and smoking, alcohol, and exercise habits.⁹ According to the data from the Korea National Health and Nutrition Examination Surveys (KNHANES) with a total of 6,907, 4,536, 5,373, and 2,890 Koreans aged ≥ 20 years in 1998, 2001, 2005, and 2007 surveys, respectively, the prevalence of metabolic syndrome have significantly increased from 24.9% in 1998, 29.2% in 2001 and 30.4% in 2005 to 31.3% in 2007.¹⁰ Among teenagers, the age-adjusted

prevalence rates of metabolic syndrome reported in KNHANES has increased from 4.0% to 5.9%, 6.6%, and 7.8% in the 1998, 2001, 2005, and 2007 surveys, respectively.¹¹ These findings imply that we are going to face a huge number of subjects with metabolic syndrome in the near future.¹²

The official journal of the Korean Society for the Study of Obesity has played an important role as a representative journal in the fields of obesity and its related disorders since 1992. After that first issue was released, diverse studies on obesity have been published under the title *Journal of Korean Society for the Study of Obesity* until 2004. From 2005 to 2016, its title was the *Korean Journal of Obesity* (pISSN 2383-899X, eISSN 2234-7631). Since 2017 (volume 26), the title is now the *Journal of Obesity & Metabolic Syndrome*. The journal is published quarterly on March 30, June 30, September 30 and December 30 annually. The official title of the journal is now the *Journal of Obesity & Metabolic Syndrome* and the abbreviated title is “J Obes Metab Syndr.” Index words from the medical subject headings (MeSH) (<https://meshb.nlm.nih.gov/search>) list of Index Medicus are included in each article to facilitate article searching. All the articles of this journal are included in the indexes of Ebsco, KCI, KoreaMed, KoMCI, Science Central, and DOI (10.7570)/Crossref. The journal is also published on the official website of the *Journal of Obesity & Metabolic Syndrome* (<http://www.jomes.org>) and is widely distributed not only to members of the Korean Society for the Study of Obesity but also to domestic and international subscribers, medical schools, libraries, and academic institutions.

The *Journal of Obesity & Metabolic Syndrome* is an official, peer-reviewed research journal published by the Korean Society for the Study of Obesity. Its aim is to improve the understanding, prevention, and treatment of obesity, to improve the lives of those affected, and thereby to reduce the incidence of obesity-related metabolic disorders. We hope to contribute to the cure and education of obesity through the sharing of scientific information on the latest developments in obesity among members of the Korean Society for the Study of Obesity and other international societies dealing with obesity. We publish articles covering all aspects of obesity, particularly its epidemiology, including prevalence and characteristics, etiology, diagnosis, pathogenesis, and management, such as lifestyle modifications and pharmacological therapy.¹³

Our articles include research papers on the basic and clinical medicine of obesity and obesity-related disorders, as well as the specific applications of appropriate studies in biochemistry, physiology, genetics, and metabolism. Nutritional, exercise, psychological and epidemiological aspects are also included in our topics. As the complications of obesity are more related to visceral adiposity/ectopic fat than to an excess of body fat, proper preventive and/or therapeutic interventions should be developed. So, topics about prevention of obesity are always welcome. Furthermore, fat accumulation around ectopic sites has attracted particular attention because it can be associated with regional health problems. Therefore, we welcome manuscripts that include novel approaches based on pathophysiological considerations. The types of articles published include original articles, editorials, reviews, short communications, case reports, and letters to the editor.

We think that solving the problems of obesity must be accompanied by considering various aspects of psychosocial and economic problems. Therefore, the most important principle of this journal is that dietitians, sports curers, psychiatrists, psychologists, nutritional and sport scientists as well as endocrinologists and internists can participate in it as readers and authors.

This new beginning with the *Journal of Obesity & Metabolic Syndrome* will help maintain academic standards and take the lead in the development of the fields of obesity and metabolic syndrome. Our academic editors hope that this new journal will be accessed and referred to easily by everybody at any time.

I believe that basic role of scientific journals is to share the information obtained from academic research and to contribute to future advances. I hope that the *Journal of Obesity & Metabolic Syndrome* will go beyond the simple communication of knowledge among obesity experts and will become a solid platform for aiming for scientific progress in this field.

I will appreciate any constructive critiques, comments, or suggestions you may have. Most of all, I will always welcome the submission of your valuable manuscript to the *Journal of Obesity & Metabolic Syndrome*.

CONFLICTS OF INTEREST

The author declares no conflict of interest.¹³

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