

Academic endocrinology in India: Forty, fifteen or both?

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“Article 3.1: To encourage, promote, and advance, teaching, training, and research in the field of endocrinology — basic, clinical, and applied.

Article 3.7: To print, publish, and distribute among its members, pamphlets, notices, newsletters, and journals relating to the recent advances in research and other such activities.”

These were the aims and objectives listed by the 12 founders of the Endocrine Society of India (ESI), when they laid down the constitution and bye-laws of the organization.^[1] Now 40 years old, the ESI has lived up to these, and to the other objectives planned by its founders. Over the decades, the science of endocrinology has grown in a manner that defies imagination. The world is gripped by pandemics of obesity, diabetes mellitus, metabolic syndrome, iodine deficiency, and osteoporosis. Longer life expectancy and better medical care have led to an increase in geriatric endocrine morbidity.^[2] Improved diagnostic facilities have allowed more endocrine diseases to be detected and treated. Advances in medical therapy, coupled with help from surgery, radiotherapy, and nuclear medicine have enhanced the quality and duration of life of patients with various endocrine ailments.

With all these advances, however, comes a new challenge: That of successfully disseminating novel scientific information among clinicians, physicians, and endocrinologists.

Dissemination of information can be done by various means. Books, monographs, conferences, and symposia all play a role in perpetuating and enhancing the footprint of science. However, with the rapidity of change that has been seen in the recent years, scientific publications need to be published a lot more frequently in order to keep abreast of the latest trends. In such a scenario, Journals using both print and online media are the optimal methods of sharing and spreading information.

India is an adrenergic country.^[3] Of that, there is no doubt. Indian endocrinology too is an adrenergic entity. As the Endocrine Society of India celebrates its *fortieth* birthday, the age old adage, ‘Life begins at forty’, holds true. The ESI is now nearly 600 members strong. The number of academic institutions offering the DM / DNB Fellowship in endocrinology has gone up to 13. This will increase the number of new members joining the ESI, giving it a dynamic and energetic look.

The dynamism and the maturity of ESI are reflected in the successful annual conferences and midterm updates, as well as in the global impact of Indian research and publications.

Keeping pace with this is the Indian Journal of Endocrinology and Metabolism (IJEM). Completing *fifteen years of existence*, the IJEM’s current volume has been marked by an almost puberty-like surge of hormones (read: publications). A strong online presence, citation in PubMed, and other indices, and timely publication of four issues, as well as four supplements, have marked the fifteenth year of IJEM. IJEM has become part of a select group of Indian journals to be indexed by PubMed.

Parallel to this, contributions have been received and published from nearly every Indian state, as well as nearly every continent. The IJEM has become a preferred vehicle

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of publication for endocrinologists working in prestigious academic institutes, corporate hospitals, government and quasi-government centers, as well as private practitioners,^[4] in India and abroad. The journal has also been enriched by endocrinology-related contributions from allied specialties such as medicine, gynecology, pediatrics, radiology, psychiatry, anesthesia, and surgery.

All decisions have been guided by the journal vision and mission statements, inspired by the ESI constitution, which have been published boldly on the front inner cover.

As IJEM works to maintain its vigor and vitality, it also has to meet greater challenges and expectations. From 2012, IJEM will become a bimonthly publication, thus allowing more Indian endocrinologists to publish their studies. Thematic issues will be encouraged and supplements on important subspecialty topics brought out. An impact factor will be applied for, so that one can assess the actual status of the journal vis-à-vis other international endocrine publications.

This issue of IJEM carries editorials written by the previous editors of the journal: Drs. Sridhar, Joshi, and Ganie.^[5,6] All have written on various aspects of endocrinology and have

given us an idea of the past, current, and future trends in endocrine research.

With a hormonal combination of forty and fifteen of ESI and IJEM, the best, we believe, is yet to come. The elegance and experience of forty, coupled with the energetic enthusiasm of fifteen, promises a hormonal cocktail, or rather, an academic cocktail, that looks destined to attract and inspire.

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