



Turning over a new page in the national neonatal endocrinological approach

Ulusal yenidoğan endokrinoloji yaklaşımında yeni bir sayfa açmak

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Recent advances in neonatal intensive care facilities in Turkey ensure that patients with special needs gain access to healthcare system more easily (1). The increase in the number of neonatologists and intensive care units, and their more rational distribution across the country enable newborn patients with endocrinological disorders to be diagnosed earlier and referred to reference centers for their treatment. In light of the above mentioned improvements, it is clear that establishment of cooperation between neonatal intensive care units and the pediatric endocrinology units is of utmost importance for a consistent an updated management of these newborns in all the hospitals over Turkey.

In order to develop national consensus on the important endocrine problems during the neonatal period, the Turkish Pediatric Endocrinology and Diabetes Society and the Turkish Neonatal Association came together to discuss controversial issues. Scientific commissions were formed for different topics and the Neonatal Endocrinology Workshop was held on the 9-10th February 2017 with participation of members of the two Societies. The effects of hypothyroidism and maternal thyroid diseases on the newborn, adrenal insufficiency, disorders of sex development, hypoglycemia and hyperglycemia, osteopenia of prematurity, and hypophosphatasia were the topics

that were discussed at the meeting based on evidence medicine. The speakers who made presentations wrote a text according to contributions of the scientific committee and the participants. These texts were later evaluated by different authors and the final format, which could be printed as a guideline, has been created.

Five of the 22 guidelines for neonatal diseases presented in this issue of the Turkish Archive of Pediatrics consist of guidelines finalized at the Neonatal Endocrinology Workshop. In the article titled “Neonatal effects of thyroid diseases during pregnancy and the approach to babies with elevated TSH levels,” the results of various conditions that may affect thyroid functions in pregnancy and newborns are presented with detailed information as well as an algorithm and case reports (2). “Neonatal adrenal insufficiency” article aims to present practical answers to frequently asked questions in clinical practice (3). The article entitled “Approach in the diagnosis and treatment in neonates with disorders of sex development” can be used as a guideline for disorders of sex development, which causes medical and various social difficulties. In addition, congenital adrenal hyperplasia has been discussed in this article (4).

In the article entitled “Hyperglycemia: what is the thresh-

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old level? Diagnostic approach and treatment”, an approach for the management of hyperglycemia, which is more commonly seen in preterms than in term babies, is described in a practical way (5). In the guideline entitled “Management of neonatal hypoglycemia,” the endocrinological approach to this frequently encountered problem is discussed in detail (6).

We are pleased that our guidelines, which have emerged as a result of a one-year collaborative project, are now being presented to you and we would like to thank everyone who made a contribution. With the publication of these guideline reports, we now have our national guidelines in parallel with the recommendations published recently in developed countries (7-9). As our guidelines are available both in Turkish and English, we hope that this scientific contribution, which starts at the national level, will also be helpful for the international community, especially starting with our neighbour countries. We believe that these neonatal endocrinology guidelines will be a good source for pediatric endocrinologists and neonatologist, as well as general pediatricians who work in the field.

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