

## Molecular Insights to Clinical Perspectives



The quality of medical care that we enjoy now is due to research done over decades, even centuries. Medical research involves the study of diseases, their causes, their prevention and control, and their medical management. The last few decades have generated an exponential increase in knowledge regarding the molecular pathogenesis of endocrine disorders brought about by clinical and research collaboration. This present issue of the Journal of the ASEAN Federation of Endocrine Societies (JAFES) features articles on bisphenol S, selenoprotein P, type 2 diabetes mellitus, and X-linked dystonia parkinsonism with discussions on developments integrating basic science to translational research. Novel insights and perspectives, covered in this issue, looking into mechanisms of interest, relations between genotype and phenotype, and efficacy of interventions have definitely narrowed our knowledge gap. All these have allowed us to move towards the improvement of health and healthcare outcomes.

Diagnosis, based on clinical and metabolic investigations, and on genetic analyses, is of major importance in the medical management of patients with endocrine disorders. The expansion of tools for identifying patients with increased risk for these medical conditions has allowed early preventive measures to delay the onset of these diseases. Furthermore, the identification of patients who are likely to respond to existing drugs or new therapies and the prediction of who will develop complications has better targeted these diseases and has improved the survival and the quality of life of affected individuals. The discovery of new causative genetic variants has also resulted in a better understanding of the physiological and pathological processes of the endocrine system.

Given the burden of these medical conditions and their complications, the additions to our current knowledge base provided by these researches will definitely lessen the impact of these life-threatening illnesses. As more research findings are published, more evidence-based guidelines to better manage patients will be developed resulting in significant advances in our healthcare system.

Catherine Lynn T. Silao, MD, PhD, FPPS  
*Institute of Human Genetics, National Institutes of Health*  
*Department of Pediatrics,*  
*College of Medicine and Philippine General Hospital,*  
*University of the Philippines Manila*

---

<https://doi.org/10.15605/jafes.037.S1>