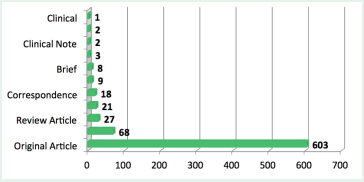
# In this issue

## EDITORIAL

### Saudi Medical Journal 2018




*Type of manuscripts received for the year 2018*

Alokaily discusses that for the second consecutive year, Saudi Medical Journal (SMJ) has received a high Journal Impact Factor (JIF), standing at 1.055 from last year's 0.709. She is pleased with the journal's growing citation impact, influence, and reach. Thus, she offer this achievement to all members of the editorial team, our valued readers, authors and reviewers whose contribution helped the journal become successful through the years.

*see page 3*

## ORIGINAL ARTICLES

### Serum nesfatin-1 and galanin concentrations in the adult with metabolic syndrome. *Relationships to insulin resistance and obesity*

| MetS risk factors | Controls (n=40) | | MetS (n=44) | | *P*-value |
|---|---|---|---|---|---|
| Central obesity | 19 | (47.5) | 42 | (95.5) | 0.000 |
| High FBG | 4 | (10.0) | 44 | (100.0) | 0.000 |
| Hypertension | 1 | (2.5) | 41 | (93.2) | 0.000 |
| Low HDL-C | 2 | (5.0) | 19 | (43.2) | 0.000 |
| High triglyceride | 4 | (10.0) | 18 | (40.9) | 0.001 |

Values are represented as number and (percentage). HDL-C - high density lipoprotein-cholesterol, FBG - fasting blood glucose

*Frequencies and percentages of metabolic syndrome risk factors among the studied population*

Alotibi et al investigate the serum levels of nesfatin-1 and galanin in patients with metabolic syndrome (MetS), and also to show their association with the parameters of the disease. Nesfatin-1 levels were found to be significantly lower and galanin levels significantly higher in MetS group compared to the control group. A significant negative correlation between serum nesfatin-1 and weight, waist circumference, and body mass index were observed. A significant positive correlation between serum galanin and with fasting blood glucose, glycosylated hemoglobin, homeostasis model assessment-insulin resistance, and triglycerides. Their findings indicated a lower level of nesfatin-1 and a higher level of galanin in patients with MetS, suggesting a role of these neuropeptides in the pathogenesis of this disease.

*see page 19*

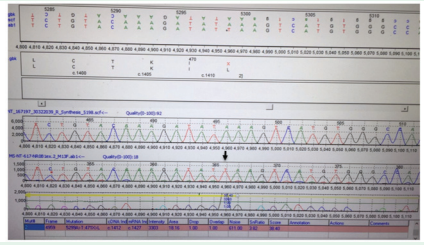
### Chitinase-3-like protein 1 levels in bipolar disorder

Sahin et al evaluate the relationship between the expression level and biologic role of YKL-40 in bipolar disorder (BD). One hundred and four patients diagnosed as having bipolar disorder (DSM5 criteria), and 96 participants were included as healthy controls in this study. The mean YLK-40 levels for the BD was 2723.5±543.8 pg/ml and control groups was 2132.5±576.3 pg/ml (t=7.42, p<0.001). The mean CRP levels for the BD was 0.4±0.6 mg/dl and control groups was 0.4±0.7 mg/dl (t=0.02, p=0.985). The receiver operating characteristics (ROC) analysis revealed an area under the curve (AUC) of YKL-40 in the diagnosis of BD as 0.79 (95% confidence interval [CI]: 0.72-0.85) with a sensitivity of 82.7% and specificity of 68.1% at a cutoff level of 2307.1 pg/ml. They conclude that with acceptable sensitivity and specificity levels, the YKL-40 can be utilized as a marker in the diagnosis and follow-up of BD.

*see page 26*

## CASE REPORT

### Adrenal hypoplasia congenita in identical twins



*Sequence chromatogram showing a bialleic nonsense mutation changing adenine to thiamine at coding position 1412 (c.A1412T) leading to change of the amino acid Leucine to a stop codon with truncation of the protein at amino acid 471 (p.471 L>X)*

Al Amer et al present a monozygotic twin brothers presented at different ages with different presentations. Twin-A presented at age of 18 days with salt losing crisis. Investigations revealed high plasma renin with low-normal aldosterone. Adrenocorticotropic hormone, stimulation test revealed low 17-OH progesterone at 0 and 60 minutes. Adrenocorticotropic hormone level and serum cortisol were normal, which excluded initial impression of congenital adrenal hyperplasia. He was diagnosed to have isolated primary hypoaldosteronism. At age of 18 months, he was noticed to have hyperpigmentation of lips and gum. Adrenal failure was suspected, and hydrocortisone was added. Twin-B presented at 9 years and 6 months of age with adrenal crisis. Both were having unilateral undescended testes. Adrenal hypoplasia congenita (AHC) was suspected after his twin's presentation. Molecular analysis for gene study for both of them revealed adrenal insufficiency, NR0B1 (DAX1) gene mutation.

*see page 87*