

## Approach to Clinical Cases Reports

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The current issue of the Journal of Clinical Case Reports is a compilation of many interesting case reports. The journal is finishing the year 2013 on a high note with the release of another two issues this week. The success story of this journal is inspiring for others and is memorable for all the members. On behalf of the entire editorial board, I thank each and everyone who participated in this exciting journey.

The current issue is comprised of case reports on various interesting topics of internal medicine. They range from common disorders like hyponatremia and nonalcoholic steatohepatitis to an uncommon diagnosis like central adrenal insufficiency. Lipoma is a common benign tumor in the subcutaneous tissue and is mostly asymptomatic. Incidentally detected lipoma at an unusual location is not uncommon but the detection of it in internal organs is a rarity.

Dr. Meena [1] describes an incidentally detected pancreatic lipoma and describes the diagnostic and therapeutic dilemmas associated with the condition. Hyponatremia is the most common dyselectrolytemia in the hospital and enhances the associated morbidity and mortality. Replacement of sodium is the cornerstone of management coupled with the identification and removal of the cause. Dr. Sandeep et al. [2] have described an interesting case of antidepressant associated hyponatremia and suggested the role of fludrocortisone and milnaciprin in the drug induced hyponatremia. Nonalcoholic steatohepatitis is on the rise and is associated with obesity and obstructive sleep apnea. The disease accounts for the majority of cryptic cirrhosis and management involves a change in lifestyle along with the weight loss. Continuous positive airway pressure helps in the improvement of obstructive sleep apnea and the report by

Dr. Shigefuku et al. [3] showed the improvement of liver function as well. Psychoneuroendocrinology is a growing specialty and Drž Martine et al. [4] described a young girl with anorexia nervosa and extensive investigations lead to the final diagnosis of central adrenal insufficiency. The diagnostic dilemmas related to the electrolytes and lesions involving hypothalamo pituitary region were explained in this case report.

Immune mediated target therapies have revolutionized the management of hematological and oncological conditions. The use of targeted therapies resulted in prolonging the disease free survival status and also improved the cure rates in many cancers hitherto considered as non curable. Dr. Kenneth et al. [5] and others have described the use of combination therapy consisting of chemotherapy and immunocorrective therapy in a patient with advanced stage of breast cancer. The beneficial effects are to be studied further in a large number of patients. The other reports in this issue consist of an interesting case of sinusitis associated with psoriasis and ophthalmic manifestations described by Dr. Rozin and Dr. Toledano [6] and a case of complete cricolaryngeal separation due to attempted deliberate self harm by Drž Saber et al. [7]

The readers are encouraged to go through all the outstanding case reports featured in this issue and we thank all the authors for their contribution towards the journal. Wish you all a Happy New Year 2014.

### References

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