

## Break the Resistance to Fuel Metabolism: A Long Journey with Bright Future

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### Editor Note

Metabolic syndrome is characterized by systemic insulin resistance that impairs the ability of insulin to regulate fuel (such as glucose and fat) metabolism. This syndrome has become a global epidemic problem with estimates of prevalence ranging from 20 to 40% in different populations and has been recognized as a powerful risk factor for the development of cardiovascular disease and type 2 diabetes. Thus, effectively fighting this disastrous health problem is a matter of utmost urgency. To fulfill this mission, our journal, Journal of Metabolic Syndrome, started its long journey in early 2012. Since then, we have set up the scope to publish the most exciting original research articles and reviews on metabolic syndrome with the purpose to facilitate the research and teaching and to provide reference for this field. So far, we have made a great progress and have successfully published 5 volumes with 18 regular issues plus additional special issues. The valuable information from these published articles has become the important resource for researchers and clinicians to fight and eventually to conquer this syndrome.

In this issue of Journal of Metabolic Syndrome, an intriguing study by de Luis et al. suggests an association between a single nucleotide polymorphism of cannabinoid receptor gene Type 2 gene and metabolic response to the a Mediterranean hypocaloric diet-induced

weight loss. The results show that non minor allele carriers have a better improvement in all metabolic variables and pro-inflammatory markers measured in the study after the weight loss than minor allele carriers.

Another clinical study in this issue by Sanai et al. indicates that compared to the treatment with fat-soluble statins, either atorvastatin or pitavastatin, treatment of the dyslipidemia using water-soluble statin, pravastatin, in the end-stage renal disease patients on maintenance of hemodialysis better improves patients' lipid profile and other metabolic variables.

Also in this issue of Journal of Metabolic Syndrome, a comprehensive epidemiological study by Miller reported the data of total 9326 subjects derived from 6 national survey cohorts in the United States from 2001-2012. This survey has suggested that waist circumference and triglycerides are the risk factors with the highest prevalence for the development of metabolic syndrome.

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