



EDITOR'S *comment*

The pages of this Journal have often included updates and reviews on novel and emerging pharmacological agents used for the treatment of diabetes. This particular issue is no exception. We do however also present an introduction to a unique approach to diabetes management - the use of drama in support of the clinical work undertaken at the Chris Hani Baragwanath Academic Hospital's Diabetes Clinic. I hope this extraordinarily interesting project succeeds with its mandate and that we can report back in a future issue. Clearly, medication alone is not always sufficient to capture the true essence of holistic and comprehensive diabetes management. Refreshingly contemporary approaches such as those emanating from WITS University add to the dynamic developments emanating from across the healthcare provider spectrum.

Regular contributor Dr Joel Dave writes for us on the soon-to-be-launched SGLT2-inhibitor class of medications. We should see no fewer than three of these molecules become available in South Africa over the next few months, and thus this timely review affords us deeper insights to the potential benefits beyond glucose reductions. The EMPA-REG trial is one such example.

Johannesburg-based dietician, Liana Grobbelaar, presents an exceptionally thorough overview of the perennially contentious issues surrounding artificial sweeteners. It is intriguing to note that they are clearly not as inert as once believed. She cites three pathways currently implicated as the link between non-nutritive sweetener consumption and net negative effects on body weight and metabolism.

Additional pieces, with a distinct clinical touch, reflect some of the more challenging aspects of diabetes care - peripheral neuropathy and neuropathic pain, as well as behavioural change counselling and motivational interviewing. I hope the pragmatic suggestions offered from these two pieces augment your clinical skill set.

Finally the SAJD Editorial Team, together with our publisher, Angela Bell, wish you and your families a blessed end of year, a safe trip if you are to travel and that you return refreshed and reloaded for an even better 2016.

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