



Journal of Pakistan Endocrine Society (J Pak Endo Society)

EDITOR IN CHIEF

Prof. Khurshid Ahmad Khan

EDITOR

Dr. Ibrar Ahmed

MANAGING EDITOR

Dr. Musarrat Riaz

ASSOCIATE EDITORS

Dr. Aisha Sheikh
Dr. Osama Ishtiaq

ASSISTANT EDITOR

Farah Khalid

ADVISORY BOARD MEMBERS

Prof. A.H. Aamir	Prof. Najmul Islam
Prof. Akhtar Sherin	Prof. Nazish Imran
Prof. Ali Jawa	Prof. Rehana Rehman
Prof. Ali Karamat	Dr. S. Abbas Raza
Dr. Asad Rahim	Prof. Saeed A. Mahar
Dr. Asif Bashir	Dr. Sarwar Malik
Dr. Hamed Farroqui	Prof. Sobia Sabir
Prof. Imran Hassan	Dr. Tariq Waseem
Prof. Javed Akram	Dr. Waqas Shafiq
Prof. Khadija Humayun	Dr. Yaqoob Ahmedani
Prof. Khadija Irfan	Prof. Zaman Shaikh
Dr. Khalid Mehmood	

www.jpes.org.pk

E-mail: editor@jpes.org.pk

ISSN: 3078-963X

ISSN-L: 3078-9621

Journal of Pakistan Endocrine Society (J Pak Endo Society)

It is a peer reviewed medical journal which is published biannually. It published original articles, review articles, current practices, short communications and case reports.

Vision: “Striving for Excellence in Endocrine Medicine: Envisioning a Transformed Future”.

Our vision is to establish a leading endocrine medical journal that empowers healthcare professionals, researchers, and patients through a vibrant platform fostering collaboration, innovation, and excellence in endocrine medicine. We aim to promote evidence-based practice while embracing a holistic approach to endocrine health. In addition, we are committed to nurturing the next generation of endocrine researchers and clinicians through mentorship, education, and professional development opportunities.

Mission Statement: The Journal of Pakistan Endocrine Society (JPES) is dedicated to advancing the understanding, prevention, and management of endocrine and metabolic disorders by publishing high-quality, peer-reviewed research and fostering collaboration among clinicians, scientists, and educators. This is an open access journal and users are allowed to read, download, copy, distribute, print, search, or link to the full texts of the articles.

JPES is committed to:

1. Promoting scientific integrity and disseminating accurate, evidence-based knowledge
2. Encouraging interdisciplinary collaboration in endocrinology and metabolism
3. Facilitating open access to research for equitable knowledge sharing
4. Supporting capacity building and professional growth among early-career researchers and clinicians
5. Upholding ethical publishing and editorial standards consistent with international best practices

Rationale: The Journal of Pakistan Endocrine Society was established to address the growing need for a regional platform dedicated to high-quality endocrine research. Local data and clinical perspectives are underrepresented in international literature, despite rising prevalence of endocrine and metabolic disorders in Pakistan and South Asia. JPES fills this gap by promoting regionally relevant research, sharing clinical experiences, and fostering collaboration among researchers and healthcare professionals. Open access and adherence to international standards ensure global visibility for regional scientific contributions.

Topic Coverage:

JPES covers a broad range of topics, including:

1. Diabetes mellitus and complications
2. Thyroid disorders
3. Pituitary and hypothalamic diseases
4. Adrenal and gonadal disorders
5. Obesity and metabolic syndrome
6. Bone and mineral metabolism
7. Paediatric and reproductive endocrinology
8. Neuroendocrinology
9. Endocrine oncology
10. Endocrine aspects of COVID-19 and other systemic diseases
11. Innovations in diagnostics, therapeutics, medical education, and healthcare delivery

Types of Articles:

1. Original Research Articles
2. Review Articles
3. Case Reports / Case Series
4. Short Communications
5. Editorials / Commentaries
6. Letters to the Editor
7. News, Obituaries, Interviews
8. Conference Abstracts or Supplements

Journal Abbreviation: J Pak Endo Society

Website: www.jpes.org.pk

Email address: editor@jpes.org.pk

Office Address: 5C, Khayaban-e-Rizwan, Phase-7, DHA, Karachi-Pakistan.

Submission Preparation Checklist

Please read checklist and make sure that no point in the checklist is missing:

- Click 'make a submission' tab on J Pak Endo Society (JPES) website www.jpes.org.pk
- Click 'register' if you are submitting to JPES for the first time. If you are already registered with JPES then click 'login'.
- Make sure the submission has not been previously published, nor is it before another journal for consideration (or an explanation has been provided in Comments to the Editor).
- The submission file is in OpenOffice, Microsoft Word, or RTF document file format.
- The text is single-spaced; uses a 12-point font; employs italics, rather than underlining (except with URL addresses); and all illustrations, figures, and tables are placed within the text at the appropriate points.
- The text adheres to the stylistic and bibliographic requirements outlined in the Author Guidelines. (Present on journal website. www.jpes.org.pk)
- Where available, URLs for the references have been provided.

Documents to be uploaded for submission:

1. Covering letter
2. Letter of Undertaking (With signatures of all authors)
3. IRB letter/Ethics committee approval
4. Title page (Authors details with email addresses, phone number, degrees and institutional affiliations , Corresponding Author's Name and email address)
5. Manuscript as per guidelines provided on journal website
6. Conflict of interest
7. Funds statement
8. Authors contribution

Manuscript Evaluation Process:

- Submitted manuscripts undergo a thorough review process to assess their originality, significance, reader interest, and composition.
- Manuscripts not submitted in accordance with the provided instructions will be returned to the author for necessary corrections before processing begins. To ensure originality, all manuscripts undergo a similarity check using the Turnitin service. Articles exceeding a similarity threshold of 20% are returned to authors for clarification and/or correction.
- Revised manuscripts are evaluated based on their responsiveness to suggestions and criticisms raised during the initial review. Following this, manuscripts are sent for evaluation by two external peer reviewers and statistical experts.
- Each manuscript undergoes further scrutiny for technical, epidemiological, statistical, ethical, and language accuracy. Accepted manuscripts may undergo editing by the Editorial Office for scientific precision and clarity.
- The Editorial Board of the Journal of the Pakistan Endocrine Society reserves the right to make the final decision on accepting or rejecting any article for publication at all stages of the review process.

CONTENTS

EDITORIAL

- * From PCOS to PMOS: A Landmark Change in Nomenclature and an Opportunity to Transform Women's Healthcare
Musarrat Riaz 1

GUEST EDITORIAL

- * Predatory Journals – Menace to the Real Science and Academic Publishing
Tejhmaal Rehman 3

ORIGINAL ARTICLES

- * Knowledge, Attitude and Practice Regarding Insulin Pen Devices Among Nurses in Tertiary Hospital of Karachi
Zareen Kiran, Namra Tariq, Zubaida Bhutto, Nazish Fatima, Khalil Ullah Shabbir Shaikh, Akhtar Ali Baloch 5
- * Factors Associated with Delay from Diagnosis to Treatment Initiation among Patients with Head & Neck Cancer at a Tertiary Care Hospital in Karachi, Pakistan
Ali Hussain, Sumiya Naveed, Samia S Khan, Moghira Iqbal, Farah Khalid, Maria Muhammad Jawaid, Sohail Awan 14
- * Clinical Profile of Patients with Type 2 Diabetes Mellitus Initiated on Insulin Therapy: A Single-Center Experience
Ehtasham Mehmood, Nayab Bilqees, Fahd Jan Mian, Osama Ishtiaq 22
- * Association between Dietary Intake and Glycemic Control among Adults with Type 2 Diabetes Attending a Public Hospital in Karachi, Pakistan
Thamina Rashid, Summayyah Zia, Taimoor Malik 27

CLINICAL AUDIT

- * Audit of Access to DEXA Scanning and Quality of DEXA Reporting in Patients at Risk of Osteoporosis
Mohammad Talha Tahir, Ali Raza Naqvi, Fizzah Arshed, Ayesha Ahmed, Umme Rubab 35

CASE REPORT

- * Fahr's Disease Presenting with Neuropsychiatric Symptoms: A Case Report
Soha Samreen, Urooj Lal Rehman, Rukhshanda Jabeen, Usama Ahmed Ansari 40
- * Estrogen-Induced Severe Hypertriglyceridemia Presenting as Recurrent Acute Pancreatitis Successfully Managed with Intravenous Insulin Infusion
Salma Salman, Sabiha Banu, Nazish Fatima, Araj Jamil 44
- * Hypokalemic Paralysis Revealing Subclinical Hyperthyroidism: A Case report of Thyrotoxic Periodic Paralysis
Arshad Hussain, Wardah Arshad, Waqar Ali, Iftikhar Ali 49

REVIEW ARTICLE

- * Endocrine dysfunction and complications in patients with post-operative Craniopharyngioma: A Narrative Review
Tayyaba Hidayat, Fnu Nancy, FNU Amrita, Warisha Kanwal 54

LETTER TO EDITOR

- * SSRIs and the Spectrum of PMDD Care: Balancing Efficacy with Safety
Zara Sohail, Zarak Wahab 61