

Annual Report 2025 for *Exploration of Endocrine and Metabolic Diseases*

In 2025, *Exploration of Endocrine and Metabolic Diseases* (EEMD) (eISSN 2998-2456), a member of the Open Exploration family, served to disseminate and advance research across all areas of basic and clinical endocrinology and metabolism, including their interface with related comorbidities. Upholding its commitment to open access and rigorous peer review, the journal continues to develop as a platform for scholarly exchange in the field.

We are pleased to present milestones from the past year. Under the guidance of our distinguished Editorial Board and Guest Editors, and with the essential contributions of our authors, EEMD received 94 submissions and published 32 high-quality articles. The total citations increased by 89, and the cumulative average reached 1.5 citations per article. These metrics reflect the journal's growing presence within the academic community. Notably, the implementation of a continuous publication model throughout 2025 has enhanced the efficiency of manuscript handling and accelerated the dissemination of research.

This annual report summarizes the journal's progress, key performance indicators, and community initiatives in 2025, and outlines our strategic priorities for the coming year.

Key Achievements in 2025

Submissions and Publications

Submission Volume and Types

EEMD received 94 submissions from 30 countries in 2025, representing a substantial increase from 43 submissions in 2024 (and 14 in 2023). This consistent growth trajectory indicates that the journal is gaining visibility and trust within the global scholarly community. The submissions were predominantly Review articles (40%) and Original articles (38%), which together formed the core of our content, aligning with our mission to publish impactful synthesis and novel findings. The remaining submissions comprised several additional article types, reflecting a breadth of clinical and research perspectives.

Number

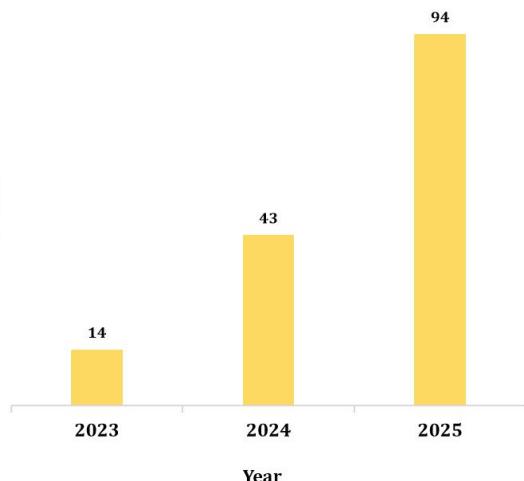


Figure 1. Number of Submissions Per Year

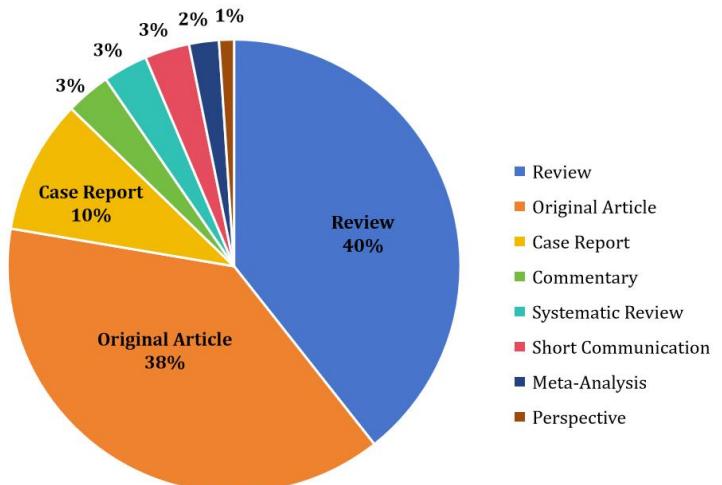


Figure 2. Article Types of Submission in 2025

Total Publications

We published 32 high-quality articles in 2025, a 60% increase from the 20 articles published in 2024. The published content comprised 15 Review articles (46.9%), 6 Original articles (18.8%), and other article types. We note the current predominance of review articles and are taking active steps to encourage a greater volume of high-quality original research, aiming for a more balanced portfolio that serves the diverse needs of our clinical and research-oriented readership.

Publication Article Corresponding Author Country Distribution

The published works featured corresponding authors from 15 countries and regions, a notable increase from 9 in 2024. This growth marks a positive step in expanding the journal's international network within the field.

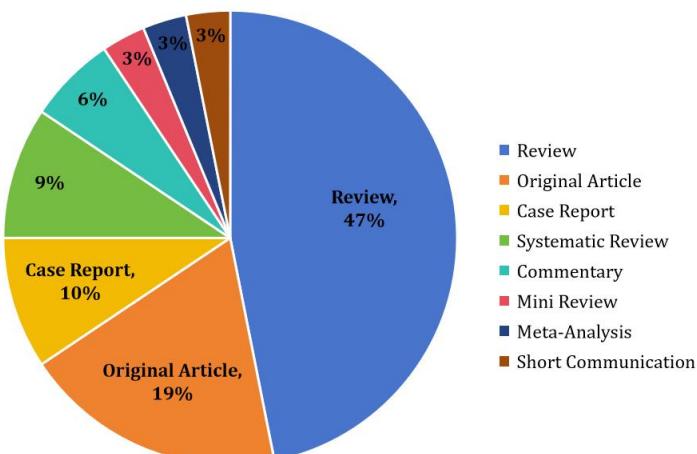


Figure 3. Article Types of Publication in 2025

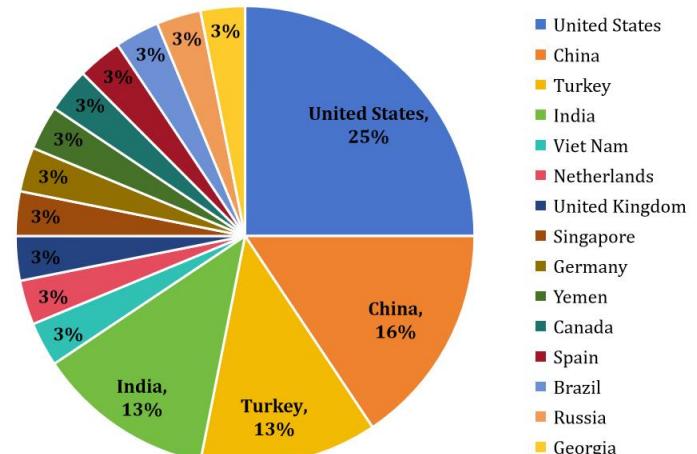


Figure 4. Countries/Regions Distribution of Corresponding Authors

Average Impact of Authors

The average H-index of corresponding authors was 29.57, and that of first authors was 19.47. These figures reflect the participation of established and emerging scholars in the journal's rigorous

academic dialogue, contributing to the trustworthiness of the published science. EEMD remains committed to being an inclusive platform that values scientific rigor and innovation from all authors.

Journal Article Data

Articles published in 2025 achieved an average of 4,284 views and 117 downloads, indicating robust reader interest and content dissemination. In terms of citation impact, the total citations increased by 89 in 2025, with the cumulative total reaching 100. By the close of 2025, the journal's published articles had achieved an average of 1.5 citations each, with an overall citation rate of 40% across all published articles. These are encouraging early indicators that EEMD's content is being discovered and integrated into the scientific discourse.

One notable example is the article "*Waist-to-height ratio as a novel marker of metabolic syndrome in patients with type 2 diabetes mellitus*," which attracted 24 citations within the year. The interest it has generated is a positive indicator of the research community's engagement with the topics we feature.

Table 1. Top 5 Most Viewed Articles Published in 2025

Article title	Corresponding author	Views	Downloads
Updates from the 2025 American Diabetes Association guidelines on standards of medical care in diabetes	Tar Choon Aw	39,498	474
A brief approach to hypertension in type 2 diabetes mellitus	Yilmaz Gunes	10,579	220
Healthy adipose tissue after menopause: contribution of balanced diet and physical exercise	Fabiana S. Evangelista	9,363	260
Optimizing hormone replacement therapy for postmenopausal women with type 2 diabetes: a review	Butheinah A. Al-Sharafi	9,351	226
Glucocorticoid signalling coordinating circadian rhythms between the glymphatic system and sleep contributes to brain health	Tom Deboer	5,343	180

Manuscript Processing

Manuscript Processing Time

We are dedicated to the efficient and respectful handling of authors' work. By the end of 2025, the average time from submission to first decision was 5 days, and from first decision to acceptance was 65 days, representing a significant improvement from the previous year (11 and 90 days, respectively). Feedback such as "We had a great experience with you on a prior publication" is gratifying and motivates us to further refine our efficient, high-quality editorial workflow.

Reviewers

The rigorous, constructive feedback provided by our peer reviewers is the cornerstone of the journal's quality and a genuine service to the scientific community. In 2025, we were privileged to have 121 distinguished scholars from 31 countries dedicate their valuable time and expertise to this critical process. On average, each manuscript benefitted from 3.1 rounds of substantive comments, each one aimed at strengthening the work and ensuring its clarity and impact. We extend our most profound gratitude to every reviewer for their indispensable contribution to advancing our field. A full list of those who served in 2025 can be found in our [Acknowledgment to Reviewers](#).

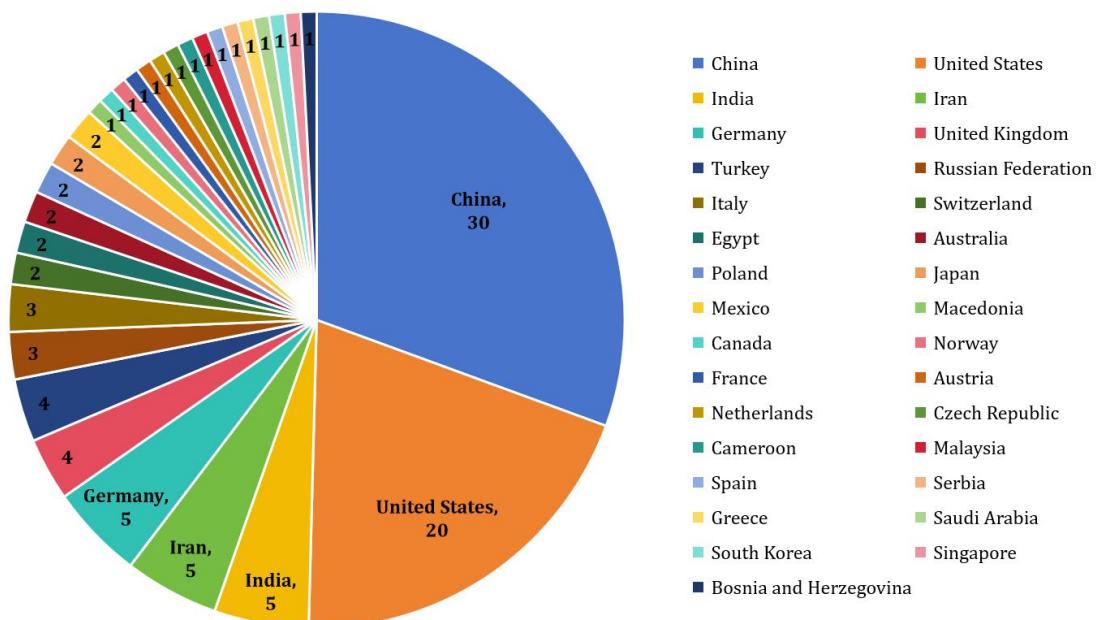


Figure 5. Countries/Regions Distribution of Reviewers

Editorial Board

New Members

We were delighted to welcome four distinguished new members from the United States, Italy, and Canada. Their expertise in pivotal areas such as MASLD/MASH, cardiovascular-kidney metabolic health, islet biology, and bone metabolism directly enhances our ability to guide the journal's scope and address emerging frontiers in the field.



Subburaman Mohan

Loma Linda University,
USA



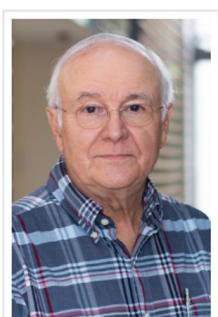
Marcela Brissov

Vanderbilt University
Medical Center, USA



Amedeo Lonardo

Azienda Ospedaliero-Universitaria
di Modena, (-2023), Italy



Myron R. Szewczuk

Queen's University,
Canada

Figure 6. Newly Joined Editorial Board Members in 2025

Renewal and Expansion in 2025

In 2025, EEMD undertook a planned renewal of its Editorial Board as part of our commitment to dynamic leadership and expanded expertise. Following this update, the Board now comprises 37 active members from 17 countries, bringing together a diverse and influential group of scholars with an impressive average H-index of 54.

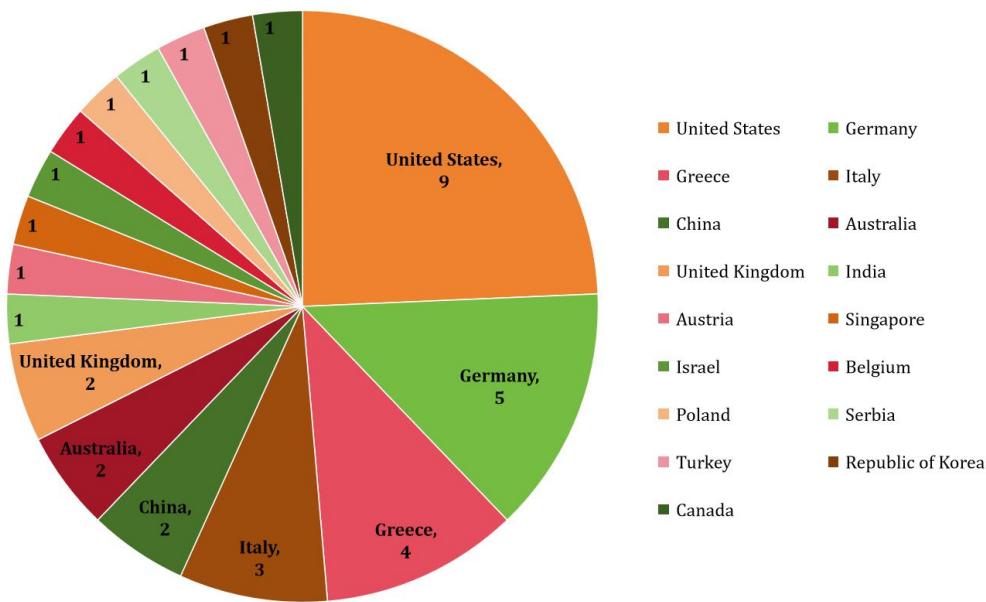


Figure 7. Countries/Regions Distribution of Editorial Board

Acknowledgement

The steadfast support and multifaceted contributions of our Editorial Board members have been indispensable throughout the year. From authoring and soliciting high-quality submissions to guest-editing special issues, promoting the journal, and guiding peer review, their engagement is vital to the journal's progress and reputation. We are truly thankful for this generous commitment of time and expertise, which forms the cornerstone of our scholarly community, and we eagerly anticipate continuing our productive partnership in 2026.

Special Issues

In 2025, EEMD maintained its commitment to facilitating in-depth discussion through Special Issues, with 9 active calls for papers spanning the field. The proposed topics collectively address a wide spectrum of themes, ranging from fundamental science (e.g., The HPA Axis; Dysregulated Cytokine Signaling) to innovative management strategies (e.g., Digitalization in Diabetes Care; Functional Foods) and specific clinical conditions (e.g., Metabolic Syndrome in Menopause; T2DM Complications).

We are pleased to report the successful completion of two Special Issues in 2025: "*The HPA Axis in Health and Disease*" (Guest Edited by Dr. Charlotte Steenblock, TU Dresden, Germany) and "*Regulators of Glucose Homeostasis, Lipid Metabolism and Energy Balance*" (Guest Edited by Dr. Nikolaos Perakakis,

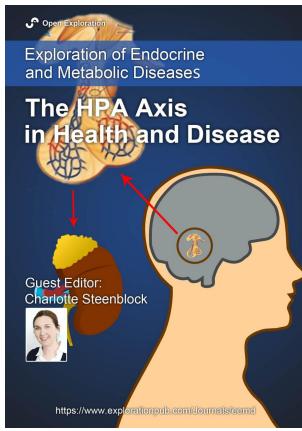
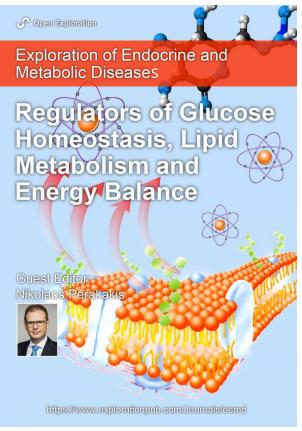
TU Dresden, Germany). Each has published a curated collection of 6 high-quality articles, contributing valuable insights to their respective fields.

Progress continues on several other issues. Notably, the Special Issue “*Current Views on Pathogenesis, Diagnosis and Management of Type 2 Diabetes Mellitus and Its Complications and Related Conditions*” (Guest Edited by Dr. Gulali Aktas, Turkey) has already gathered 6 articles and is ongoing, with published papers achieving an average of 3,780 views. We invite further submissions to this and all our ongoing calls, detailed below.

Table 2. Special Issues (Open for submission)

Topic	Guest Editor	Country
The Fountain of Youth: Decoding the Hormonal Regulation of Aging	Marijn Speeckaert	Belgium
The Impact of Digitalization To Improve Nutrition and Self-Management in Patients With Diabetes	Peter Schwarz	Germany
Metabolic Syndrome in Menopause	Tzong-Shyuan Lee	Taiwan, China
Oxidative Stress and Diabetes – Remedies through Functional Food	Viduranga Y. Waisundara	Sri Lanka
Role of dysregulated cytokine signaling pathways in metabolic disease	Alister C. Ward	Australia
Current Views on Pathogenesis, Diagnosis and Management of Type 2 Diabetes Mellitus and Its Complications and Related Conditions	Gulali Aktas	Turkey
Innovative Strategies for Diabetes and Metabolic Disorders: Current and Future Directions	Dawood Khan & Victor Gault	United Kingdom

Table 3. Special Issues Completed in 2025

 <p>The HPA Axis in Health and Disease Guest Editor: Charlotte Steenblock https://www.explorationpub.com/journals/eed</p>	<p>The HPA Axis in Health and Disease Guest Editor: Dr. Charlotte Steenblock</p>	 <p>Regulators of Glucose Homeostasis, Lipid Metabolism and Energy Balance Guest Editor: Nikolaos Perakakis https://www.explorationpub.com/journals/eed</p>	<p>Regulators of Glucose Homeostasis, Lipid Metabolism and Energy Balance Guest Editor: Dr. Nikolaos Perakakis</p>
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Social Media & Promotion

Our efforts to connect with the global academic community expanded in 2025 through targeted communication channels. The journal's presence on [LinkedIn](#) grew steadily, with our following reaching 1,863 professionals. This platform serves as a dynamic hub for promptly sharing new publications, highlighting key metrics and milestones, announcing Special Issues, and fostering direct dialogue. We actively engage with our network, including Editorial Board members and authors, to extend scholarly conversations beyond the journal's pages.

To deepen engagement with specific regional audiences, we initiated focused promotion on the WeChat platform. In 2025, we featured two notable research articles by Chinese authors that have demonstrated strong performance. Dedicated promotional posts were created for the studies "*Comparative pharmacodynamic analysis of resmetirom, semaglutide and obeticholic acid in translational mouse models of MASH*" and "*Bidirectional relationship between vitamin D deficiency and type 1/type 2 diabetes mellitus: a systematic review and meta-analysis.*" This initiative reflects our strategy to amplify high-impact research and better connect with our scholarly community in China.

Conclusion

In closing 2025, we look back on a year of focused work for *Exploration of Endocrine and Metabolic Diseases*. Key activities included receiving 94 submissions from a global author base, publishing 32 articles from 15 countries, and observing encouraging trends in readership and citations. Alongside this, we renewed the Editorial Board, progressed Special Issues, and enhanced editorial efficiency. These areas were the focus of our work this year.

Building on this progress, our path forward in 2026 is clear. We reaffirm our fundamental commitment to charge no publication fees until March 2029, while upholding rigorous peer review. Our priorities will be to increase the journal's visibility by seeking inclusion in major academic databases, and to better connect with our community through increased participation in international conferences and social media.

Ultimately, a journal's development is measured by the strength and engagement of its community. We extend our deepest thanks to every author, reviewer, editor, and reader who has contributed to EEMD's journey this year. Your expertise, trust, and shared belief in open scientific exchange are the true foundation of our work. We are honored to continue this journey with you in 2026.

With sincere thanks,

EEMD Editorial Office

Contact us: eemdjournal@explorationpub.com

EEMD website: <https://www.explorationpub.com/Journals/eemd>

Submission Link: <https://eemd.aresystem.com/>