Nature Reviews Endocrinology 9, 504 (2013); published online 9 July 2013;
doi:10.1038/nrendo.2013.139;
doi:10.1038/nrendo.2013.140;
doi:10.1038/nrendo.2013.141;
doi:10.1038/nrendo.2013.142

IN BRIEF

CARDIOVASCULAR ENDOCRINOLOGY

Cardiorespiratory fitness—a key contributor to the increased diabetes risk of South Asian men living in the UK

Ethnicity-specific recommendations for physical activity might be needed to prevent the development of diabetes mellitus in specific populations, say investigators from the University of Glasgow, UK. Their findings show that low cardiorespiratory fitness, determined by maximal oxygen uptake, contributes to the increased insulin resistance and fasting glycaemia observed in South Asian men (compared with European men) living in the UK. Decreased levels of physical activity could not account for the reduced levels in cardiorespiratory fitness.

Original article Ghouri, N. *et al.* Lower cardiorespiratory fitness contributes to increased insulin resistance and fasting glycaemia in middle-aged South Asian compared with European men living in the UK. *Diabetologia* doi:10.1007/s00125-013-2969-y

CANCER

Prognostic value of lymph-node ratio and yield in PTC

Vas Nunes *et al.* assessed the prognostic value of lymph-node yield (LNY) and lymph-node ratio (LNR) in a retrospective analysis of 198 patients with papillary thyroid cancer (PTC) undergoing total thyroidectomy with neck dissection. Whereas the researchers found no independent effect of LNY as a prognostic factor in PTC, the LNR was associated with a decrease in disease-free survival. An LNR of ≥ 0.30 conferred a 3.4-fold higher risk of persistent or recurrent disease than an LNR of 0.

Original article Vas Nunes, J. H. *et al.* Prognostic implications of lymph node yield and lymph node ratio in papillary thyroid carcinoma. *Thyroid* doi:10.1089/thy.2012.0460

GROWTH AND DEVELOPMENT

Paternal age and offspring outcomes

Children born to fathers aged >35 years are taller and slimmer but show a worse lipid profile than those born to fathers who are ≤ 30 years old, according to a study from New Zealand. The researchers analysed 277 children aged 3–10 years born to fathers aged 20–52 years. Children of fathers aged >35 years at the birth of their child had a lower BMI than offspring of younger fathers. However, LDL cholesterol levels were 21% higher in children born to fathers aged >35 years than in children of fathers aged ≤ 30 years.

Original article Savage, T. *et al.* Increasing paternal age at childbirth is associated with taller stature and less favourable lipid profiles in their children. *Clin. Endocrinol. (Oxf.)* doi:10.1111/cen.12276

DIABETES

Pretraining hyperglycaemia predicts exercise-induced improvements in glycaemic control

Exercise in patients with poorly controlled type 2 diabetes mellitus (T2DM) might not be an efficient treatment strategy, as a new study shows that exercise-induced improvements in glycaemic control are dependent on the glycaemic level before training. Solomon and co-workers analysed changes in glycaemic control after 12–16 weeks of moderate-intensity aerobic exercise training in 105 individuals with impaired glucose tolerance or T2DM.

Original article Solomon, T. P. *et al.* The influence of hyperglycemia on the therapeutic effect of exercise on glycemic control in patients with type 2 diabetes mellitus. *JAMA Intern. Med.* doi:10.1001/jamainternmed.2013.7783