Dear Colleagues,

We are pleased to be launching a new international journal, Adipobiology, an official journal of the Bulgarian Society for Cell Biology. The Bulgarian Society for Cell Biology aims at promoting, at the national level, the advances of science, research and teaching in the field of cell biology. Doing that in collaboration with other national and international cell biology organizations is our desire. We hope that creative interactions between such a collaboration and our cultural, intellectual and emotional imprints may infiltrate new ideas into adipobiology.

At the evolutionary level, the survival of biological species is mediated by growth, fertility and longevity phenotypes. In other words, humans need food, wine and love to survive. Today, Homo obesus (man the obese), like Diogenes (c. 403-323 BC), is increasingly saying I am a citizen of the world. Both in relation to human suffering and in financial terms, the costs associated with obesity and its related diseases are enormous. Data from the World Health Organization show that 20 percent of European children are now overweight and that their number increases by 400,000 a year.

In February 2008, Dr Steven Feinstein from Rush University Medical Center, Chicago, IL, USA wrote in the Preface of his book Non-invasive surrogate markers of atherosclerosis that: “An aging, overweight, sedentary baby boomer population is under siege. Approximately 58 million people worldwide die from cardiovascular diseases each year, nearly 1.2 million from heart attacks and 700,000 from strokes in the United States alone.” To these sad numbers, we should disappointingly add nearly 70,000 Bulgarians who die from stroke and myocardial infarction each year in a country with a population of less than 8 million people, as was also signalled in our paper Homo obesus Bulgaricus published in volume 6, 2007 of CV Network Online, an official forum of the International Academy of Cardiovascular Sciences.

Although the birth of adipoendocrinology may be traced to the 1980s (the identification of lipoprotein lipase and adipins), the paradigm-shifting discovery of leptin in 1994 was a trigger for further studies on the endocrine and paracrine nature of adipose tissue. Hence the life of fats (cf.1), expressing both high IQ (2) and EQ (3), became a fascinating research and clinical challenge.

The present inaugural issue of Adipobiology is a product of work together of contributors, editors and peer-reviewers highlighting current aspects of adipobiology. The Journal is intended to serve as a valuable reference and educational tool, and to cultivate adipocentric thinking about how we can make adipokines and other adipose-derived factors work for the benefits of patients. Sharing the importance of the joy of doing science (4), the Editors and the Members of the Editorial Board hope that the reviews, results and hypotheses presented here will foster the interaction between scientists and clinicians. And that they will convey to the reader some of the excitement that ensues from the current progress in adipobiology – both that relating to white adipose tissue and following the recent ‘rediscovery’ of brown fat (5).

In our selection of authors, we have always been pursuing those brain-and-heart scientists (6) who can contribute state-of-the-science reviews, research articles and hypotheses to the Journal. Because we highly value our readers, we would encourage them to give us their feedback. Any ideas that might help make Adipobiology even more useful and interesting would be greatly appreciated. The Journal will continue the efforts to keep readers’ scientific fire for learning and curiosity alive and up-dated – the great significance of the plain opening pages.


6. It has been said that “some scientists would rather exchange each other’s toothbrushes than their hypotheses and results”. We are keeping at a distance from such “toothbrush” scholars, indeed. Because among many –omics sciences we prefer the friendomics.