



Dear readers,

We have left behind our second year with our December issue. In these two years, we have been the bridge between you and many research articles and case reports. To begin year three, let me share some good news with you: With our April issue, we will be included in the DOAJ index. We will continue our efforts to take part in important international indexes, and I should say we are quite hopeful about this.

In this issue, we present a letter to an editor, two case reports, a review and six research articles. The letter to the editor is from Prof. Dr. İlhami Ünlüoğlu, one of the discipline's prominent and experienced names. In this letter, our Professor Ünlüoğlu shares his 25-year adventure as Turkey's first family medicine specialist in the academic world. This letter provides guidance for all those who have chosen this path, and we think our young colleagues should read it.

Research articles in the journal bring important issues to our agenda. One article we think you will be interested in is a review by Uwaezuoke and Ayuk that examines the relationship between vitamin D and asthma exacerbations in children. They point out positive findings on this issue, which have not yet reached consensus.

The other article is related to tuberculosis, a global public health problem seen in every part of the world. It strikes us that health professionals need to devote as much time to patient education as they do to treatment. According to the study's results, 18.6% of those with active tuberculosis do not know that the disease is transmitted by coughing, and 4.6% say that coughing is not a transmission route for tuberculosis.

*Can some laboratory parameters used every day be employed in the follow-up to some chronic diseases?* Koca et al. are included in this issue with research examining the question of whether bilirubin levels, which are a frequently used parameter in our daily practice, can be employed as a biomarker in rheumatoid arthritis.

"Let food be thy medicine and medicine be thy food" is a famous quote attributed to Hippocrates. Since then, studies investigating the relationship between food and diseases have never been outdated. In this issue, Pehlivanoğlu et al. are looking for answers in their study, "Does the Mediterranean diet have an effect on blood pressure control in hypertensive patients?"

Health-care workers are at high risk for infectious diseases. In their study, Kızmaz et. al. showed that health workers are aware of this issue, and they say an important improvement has been taken in this way.

Another important issue is making practices more cost-effective in terms of health economics, which is why we include clinical practice and cost effect studies in our journal. You will find two clinical practice studies in this issue.

Although it has low values in the evidence pyramid, case presentation is important for researchers in planning and shedding light on future research. This issue includes two case reports. One case focuses on a baby with Hair Tourniquet Syndrome, which reminds us once again how important physical examinations are in the evaluation of patients. The second case is a primary leiomyosarcoma of the breast with atypical metastasis. This case offers much to remember.

Hope to meet again in our new issue in the spring.

On behalf of the editorial board,

Prof. Dr. Yeşim Uncu