

Preface



Colleagues, Readers,
Authors, Reviewers,
Members of the Scientific Committee,
Thematic Editors,
Members of the Editorial Board,

The 03/2019 issue of *Family Medicine & Primary Care Review* results from a number of months of work by our authors and reviewers, and from the effort of the Thematic Editors, the Editorial Team, and our publisher, Continuo. I am confident that you will be aware of the continual increase in the scientific quality and international character of the articles in our quarterly. The work published in our recent issues has demonstrated that health research is essential in primary care, and that the scientific evidence it generates can be put into use in everyday practice. Primary health care team members are now becoming advocates of their patients and also of their patients' families and informal caregivers, while also modeling the local community and acting as stakeholders in current health policies. This is a modern image of family medicine, and it has numerous dimensions, regardless of the capacity of any one European country to affect global decisions in the health care system. There is an increasing awareness of the need to proactively integrate patients into the care process, to connect to local communities, and to emphasize the need for care in nonclinical constituents, and this is leading to changes in health care, making patients and their families partners. This is reflected in the current issue of *Family Medicine & Primary Care Review*. Yet let us not forget that collection of data and evidence, as well as increased numbers of family doctors, act to improve the outcomes for patients. I thank all our Authors, Reviewers, Thematic Editors, Members of the Editorial Committee and our publisher, Continuo, for their tremendous efforts and all the time they have spent in recent months to produce this issue. Their efforts highlight the importance of interdisciplinarity and confirm that family medicine both needs to be understood as the basis of the health care system and should become an academic, scientific, and medical specialty with its own educational content, research, evidence-base, and clinical activity targeted at primary health care.

The original articles in this issue deal with the following topics: The relationship between reproductive factors and bone mineral density in postmenopausal women; A survey of Lyme disease management in primary care in Poland; The effects of breast cancer prevention programs on the awareness and performance of female high-school students; The influence of sociodemographic factors on the breastfeeding period of women in Bangladesh: a polytomous logistic regression model; Factors determining patient admittance to the observation and consultation areas of the Emergency Department on workdays versus weekends; A survey of regular physical activity and socioeconomic status in Hungarian preschool children; Evaluation of donepezil and rivastigmine administration on the cognitive deficits induced by electroconvulsive therapy: a randomized, double-blind clinical trial; Child sexual abuse based on the crosswise model: a cross-sectional study on 18–24-year-old Iranian students; The cardiovascular system's adaptability to exercise according to morphological, temporal, spectral and correlation analysis of oscillograms; An investigation into the correlation of marital adaptation with stress, anxiety, depression and sexual function and their components; The effect of chronic exercise on a biomarker of bone resorption in healthy adults.

The review papers in this issue include articles on the recommendations of the Polish Society of Physiotherapy, the Polish Society of Family Medicine, the College of Family Physicians in Poland, and the European Rural and Isolated Practitioners Association regarding the use of simple forms of physiotherapy, including massage and self-massage in primary care, endorsed by the Polish Society of Physiotherapy Specialists; Obligatory protective vaccinations and the implementation of parental authority: a study of judicial decisions in the area of legal liability.

I heartily encourage you to familiarize yourself with the recommendations on the use of simple forms of physiotherapy, including massage and self-massage, in primary health care.

I encourage all our readers to submit their own research projects and to stay in touch with the Editorial Board of *FM&PCR*. Any of our Thematic Editors and Members of the Editorial Board will be happy to assist you in the stages of submitting publications through the *FM&PCR* Editorial System, as well as during the review process and revisions. I invite you to meet members of the Editorial Board at the Polish Society of Family Medicine stand, which can be found at conferences and congresses, as well as at the stand of Continuo, which you will see at meetings throughout Poland. On behalf of the Editorial Committee, I welcome all participants in the 8th Congress of the Polish Society of Family Medicine to Wrocław (11–13 October 2019). I hope that the presentations and discussions at the Congress will inspire you all to start work on articles for our quarterly. On the occasion of the new academic year, and on behalf of all at *Family Medicine & Primary Care Review*, I wish you the best.

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