

Preface



Dear Readers!

With the upcoming sunny days, we present to you the next issue of the quarterly *Family Medicine and Primary Care Review*, believing that reading it will diversify your June and July mornings and afternoons at work.

First, I encourage you to read the article on the treatment of infections caused by *C. difficile* – we know that during the COVID-19 pandemic, this bacterium was a problem due to the frequent overuse of antibiotics. Are probiotics used in the treatment of these infections? You will find the answer to this question in the article by Baran et al.: “An analysis of probiotic use for treatment of *Clostridioides difficile* infections in patients hospitalized at the University Clinical Hospital in Wrocław, Poland”. Many diseases have already been called “pandemics of the 21st century”, just to mention the phenomenon of increasing antibiotic resistance, obesity and depression.

Another article by Kleszczewska et al. is devoted to depression: “Adolescent loneliness in the COVID-19 era. The perspective of health behavior in a study on school-aged children in Poland”.

By the way, what do you think? Does ice bathing harden one against COVID-19? The answer for this question can be provided by Tukiendorf et al.: “Prospective analysis: does ice bathing harden against COVID-19 and is B RhD- the least viral resistant blood group in Polish ice bathers”.

For many years, WHO experts have been paying attention to the problem of the growing number of people with reluctant attitudes towards vaccinations. This results in a reduction in the percentage of vaccinated people, and herd immunity is not achieved, which may lead to the return of infectious diseases that we have already forgotten about (such as measles, whooping cough).

How does one deal with this problem? The answer to this question is not easy or obvious. However, education is certainly needed – both for patients and medical staff, as well as for emphasizing the benefits of vaccinations. This topic is discussed by Brodziak-Dopierała et al. in the article entitled “Participation of future medical personnel in building public trust in vaccinations”.

Vaccinations are important not only in the prevention of infectious diseases but also in the prevention of cancer – it is sufficient to mention the importance of vaccination against hepatitis B in the prevention of liver cancer or vaccination against HPV in the prevention of cervical cancer (and other HPV-dependent cancers, vulvar and vaginal cancers). Are patients aware of the benefits of the HPV vaccination? This question was asked by Polish authors at a time when we are currently implementing universal vaccination against HPV in the country as part of the National Oncological Strategy (“Awareness of young and middle-aged patients about vaccinations against Human Papillomavirus (HPV) in selected voivodeships in Poland” by Koziarska- Rościszewska et al.).

As always, in addition to original articles, we publish several review articles in the quarterly *Family Medicine and Primary Care Review*. In this issue, we remind you of the principles of diagnosis and treatment of Hodgkin’s lymphoma and a review of literature regarding cognitive behavioral therapy techniques in the treatment of tokophobia and the current opinions on e-cigarette use.

I wish you pleasant and useful reading and wonderful holidays!

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