

From the Editors

On 17.10.2018. Professor Jerzy Aleksandrowicz passed away. Without Him, there would be no Psychiatria Polska. Therefore, Dear Readers, holding this journal in Your hands, remember this wonderful Man who was the Editor-in-Chief for many years, and till the end of his life he inspired, helped and cared for every aspect of the Editors' actions. Let us honor His memory!

Important changes are taking place in psychiatry. Some centers has started a pilot testing, which will check how the reform and the National Mental Health Program can be implemented in practice. The Polish Psychiatric Association has great expectations that the lot of patients will improve, they will have the opportunity of being treated in their environment, they will be provided with comprehensive care tailored to their needs. There are signals about already visible benefits as well as difficulties and disappointments. Of course, it is much too early for any assessment, it should also be remembered that the pilot testing is by definition primarily aimed at identifying the basic implementation barriers and gathering the know-how necessary for the future implementation of the reform assumptions.

While many Colleagues are currently absorbed in these changes, which significantly affect our work, the Editors are absorbed in the next issue of Psychiatria Polska. It includes a number of papers on affective disorders, trauma, forensic psychiatry, and relationships between psychiatry and somatic medicine. As always, we would like to recall articles on similar topics published in previous issues.

Authors from the Department in Poznan reflect on whether diet is important in bipolar disorder. Consumption of high-calorie food, rich in saturated fatty acids and simple sugars, causes deterioration of the nervous system by increasing oxidative stress and reducing the plasticity of synapses. This issue was discussed by E. Stefańska et al. who studied the diet and nutritional status of patients concluding that it seems reasonable that in the dietary management of patients with affective disorders and schizophrenia one should take into account not only the calorific value of food, but also mutual proportions of basic nutritional ingredients intake [1].

In research on the neurobiology of affective disorders, neuroimaging techniques play an increasingly important role. This issue is discussed in the article by K. Wilczyńska et al. One of the modern methods is magnetic resonance spectroscopy (MRS), which allows for direct investigation of the presence of chemical compounds in vitro and in vivo, including compounds formed in metabolic processes. B. Galińska-Skok et al. used this method to study patients with bipolar disorder, observing neurochemical alterations regarding choline compounds in the anterior cingulate gyrus in this group of patients [2].

One of the studies published in the current issue concerns nocturia. The work is a result of several years of cooperation between Krakow urologists and psychiatrists. It turns out that lower urinary tract symptoms (so-called LUTS) frequently affect patients suffering

from neurotic and depressive disorders, worsening their quality of life. These symptoms also correlate with severity of the illness. A series of articles published in previous issues of our journal was devoted to this problem [3–6]. In the context of frequency and significance of the problem, knowledge among psychiatrists is still insufficient. According to a survey conducted on a group of 953 psychiatrists by M. Przydacz et al., education and information on the impact of urological symptoms on the health and quality of life of patients is necessary. Awareness of psychiatrists regarding LUTS in patients with mental health problems and proper conduct may significantly improve the treatment outcomes and patients' quality of life [6].

The next paper illustrating the relationship between mental condition and somatic diseases is the article on the acceptance of corporality and experiencing intimate relationship with a partner in women treated surgically due to breast cancer. At this point, it is worth to recall the work of researchers from the same team from 2017 [7].

The presented topics do not exhaust the interesting and diverse subject matter that the Readers can find in the current issue of *Psychiatria Polska*. We hope that the substantive level of articles accepted for printing meets Your expectations.

Dominika Dudek
Jerzy A. Sobański
Katarzyna Klasa

References

1. Stefańska E, Lech M, Wendołowicz A, Konarzewska B, Waszkiewicz N, Ostrowska L. *Eating habits and nutritional status of patients with affective disorders and schizophrenia*. *Psychiatr. Pol.* 2017; 51(6): 1107–1120.
2. Galińska-Skok B, Konarzewska B, Kubas B, Tarasów E, Szulc A. *Neurochemical alterations in anterior cingulate cortex in bipolar disorder: a proton magnetic resonance spectroscopy study (1H-MRS)*. *Psychiatr. Pol.* 2016; 50(4): 839-848.
3. Gołąbek T, Skalski M, Przydacz M, Świerkosz A, Siwek M, Gołąbek K et al. *Lower urinary tract symptoms, nocturia and overactive bladder in patients with depression and anxiety*. *Psychiatr. Pol.* 2016; 50(2): 417–430.
4. Sobański JA, Skalski M, Gołąbek T, Świerkosz A, Przydacz M, Klasa K et al. *Occurrence of selected lower urinary tract symptoms in patients of a day hospital for neurotic disorders*. *Psychiatr. Pol.* 2016; 50(6): 1181–1205.
5. Skalski M, Sobański JA, Gołąbek T, Świerkosz A, Klasa K, Przydacz M et al. *Associations of selected lower urinary tract symptoms with biographical context in patients of a day hospital for neurotic disorders*. *Psychiatr. Pol.* 2016; 50(6): 1207–1234.
6. Przydacz M, Gołąbek T, Sobański JA, Jaworska K, Skalski M, Świerkosz A, Dudek P, Sobieraj D, Dudek D, Chłosta PL. *Perception of Lower Urinary Tract Symptoms by psychiatrists in mentally affected patients*. *Psychiatr. Pol.* 2017; 51(5): 963–978.
7. Słowik AJ, Jabłoński MJ, Michałowska-Kaczmarczyk AM, Jach R. *Evaluation of quality of life in women with breast cancer, with particular emphasis on sexual satisfaction, future perspectives and body image, depending on the method of surgery*. *Psychiatr. Pol.* 2017; 51(5): 871–888.