

From the Editors

Dear Readers,

The Polish Psychiatric Association continues to develop and publish recommendations for treatment of mental disorders. This year, three recommendations appeared for women of childbearing age [1–3] suffering from mood disorders and two parts of the recommendations for treating schizophrenia patients with negative symptoms [4, 5]. In this issue, we encourage you to read the recommendations of the Polish Psychiatric Association on reducing metabolic risk in patients with schizophrenia, whose life expectancy is known to be shorter by an average of 20 years than in the general population, mainly due to metabolic disorders and cardiovascular diseases. An article by Aneta Tylec et al. also addresses this issue.

The current issue is dominated by articles on schizophrenia. We return to the topic of stigmatization and ways to eliminate it. It affects not only patients with schizophrenia, but generally the mentally ill [6], including people with depression. An interesting issue is the attitude towards mental disorders of medical students [7, 8] and psychiatrists [9]. In clinical practice, we often think about particular patients' chances for recovery. That is why it is worth to read research indicating which factors influence the course of the illness and the result of treatment. Michał Błachut et al. focus on double diagnosis, but undoubtedly such factors include the time of intervention from the onset of illness [10]. Cognitive impairment is another area of interest for schizophrenia psychiatrists. After all, it was already noticed by Emil Kraepelin while describing *dementia praecox*. In the current issue, Renata Markiewicz et al. deal with the assessment of cognitive deficits and the effectiveness of rehabilitation. Simple-to-use diagnostic tools are also needed to help identify patients whose cognitive rehabilitation would affect social functioning [11, 12].

Patients' chances for recovery and social integration are closely related to the organization of healthcare, the possibilities of implementing rehabilitation programs, and the relation between the ill and the healthcare system. In the current issue, a few articles are devoted to these topics and the importance of the problem is evidenced by the fact that we regularly return to these topics in our journal [13–16].

This is not the end: you will find articles on the genetics and epigenetics of mental disorders and learn about the personality of mountain climbers. As in previous issues, there will be an article devoted to important figures who have become part of the history of Polish psychiatry [17–21].

Some time ago we gave up discussing books in *Psychiatria Polska*. However, we must mention the unusual book. Professor Janusz Rybakowski – a global authority in the field of bipolar disorder treatment, especially lithium therapy, created a work that comprehensively summarizes the state of knowledge about this drug [22]. The Reader will be able to learn the fascinating history of lithium from the beginning of the world to the present day and will accompany the pioneers of introducing this element into medicine. The largest part of the book is devoted to the diagnosis and treatment of bipolar disorder. The author clearly discusses the role of the main character of the book here. Specific properties of lithium that may be associated with its potential clinical applications (e.g., suicide prevention, antiviral and immunomodulatory effects, cognitive effects, neuroprotective effects, and possible benefits in neurodegenerative diseases) are a fascinating issue. The chapter on lithium in literature and art will be interesting for humanists. The book ends with prospects for the 70th anniversary of lithium in psychiatry. We highly recommend this extremely interesting and prudent reading to everyone.

It is worth mentioning that recently child and youth psychiatry received generous support from the Great Orchestra of Christmas Charity. The Great Orchestra of Christmas Charity has provided the wards with comfortable and modern furniture, much needed in the face of the problems faced by the children and youth wards. Not only material support is important, but also the fact that these needs have been noticed, that attention has been paid to the importance of this area of medicine. We would like to thank Jurek Owsiak and the entire team of the Great Orchestra of Christmas Charity!

Dear Readers, as we are writing these words, Christmas and the New Year are coming. May it be a time of rest, calmness and reflection, a time of love, mutual kindness and trust, a time of tolerance and understanding, building bridges over the abyss of worldview differences. After all, regardless of political

views and sympathies, we want the same thing: goodness, love, happiness, and a sense of security. Sharing the warmth of the Christmas atmosphere with loved ones, let us remember those who feel lonely and suffer particularly painfully during this period: our Patients.

**Dominika Dudek – Editor in Chief,
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