



## CONGRATULATIONS TO THE NEW ARMENIAN MEDICAL JOURNAL

*It is with great pleasure that I receive the first issue of the New Armenian Medical Journal and I am very glad to be part, as an advisor, of the Editorial Council of the journal. For this privilege, I wish to thank all the Editorial staff and, in particular, my friend, Professor Hamayak Sysakian, who has personally invited me to this task. We are living in rapidly changing times. The ever-growing progress of Medicine, like all other sciences, is in continuous transformation. Everyday medical research is supplying us with new studies and ideas: sometimes they are very good, some other times they are at variance with previous studies, sometimes they come from methodologically incorrect studies. Time and further research will tell the final word about the everyday medical scoop in most cases. For this reason, medical controversies, until the clear-cut definition of a specific problem has not been clarified, should be discussed within the academic and scientific communities. But in reality, the contemporaneous growth of information technology is multiplying the load of news we receive every day, in all sort of forms and, often, pushed from companies trying to commercially exploit potential business. For this reason, most doctors around the world are daily submerged with medical news, the majority of which, for obvious reasons, cannot be objectively controlled. Another problem of the present time is that extended drug trials have introduced the bad habit to focus on common therapeutic targets in broad clinical syndromes, even though each of them has multiple, distinct pathogenetic mechanisms. On the contrary, pathophysiological clinical research, based on the selection of paradigmatic subgroups of patients has brought attention to new mechanisms of disease, permitting the development of new treatments. Unfortunately, those who discover therapies and administer them to patients seem relegated largely to the sidelines of the bureaucracies, which are indeed quite happy with the "one size fits all" approach. Additionally, most clinical trials are sponsored by big pharmaceutical companies and medical decisions are based on published clinical trials. If the evidence base is biased, then decisions based on this evidence may not be the optimal decisions. In fact, most trials with negative results are never published. Selective publication of clinical trials, and the outcomes within those trials, can lead to unrealistic estimates of drug effectiveness and alter the apparent risk-benefit ratio. In this context, the birth of a new national medical journal, such as the New Armenian Medical Journal, is warmly welcome. Most clinicians are very eager at the possibility to read state-of-the-art papers, written by fellow colleagues, leaders in their fields, who should try to transmit clear-cut concepts with solid scientific background and not pushed by mere commercial interests. The chance to publish small but well organized pathophysiological studies and a special regard towards "negative" studies would also be very appreciated in this newborn journal. If this will be the case, the journal will maintain up-dated the Armenian medical community, finally resulting in improved patients care. In fact, this should be the final target of a national medical journal: to help physicians to improve the delivery of care to their patients and try to avoid the diffusion of fashionable, poorly proven hypotheses and remedies. By fulfilling these premises, the New Armenian Medical Journal could become a reference point also outside the national boundaries of the Republic of Armenia. I hope this will be the case and I will try to do my best to help with your project.*

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