



EDITOR'S MESSAGE

Caring for the Whole Patient, Every Day

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As family physicians, we have the privilege of caring for patients across the entire spectrum of life, from the first newborn visit to the unique challenges and opportunities that accompany aging. Few specialties require such breadth of knowledge, adaptability, and lifelong learning. While this variety is one of the greatest rewards of Family Medicine, it can also make it challenging to stay current on the ever-expanding body of medical information.

In this Summer Issue of Osteopathic Family Physician, we are pleased to present a diverse collection of articles designed to provide both practical updates and valuable refreshers for the busy clinician. Several of the featured topics focus on issues that commonly affect our aging population, a group that continues to grow and whose healthcare needs become increasingly complex. Whether you are looking to learn something new, revisit an important clinical concept, or simply broaden your perspective, we hope this issue offers insights that you can immediately apply in practice.

As we move into the summer months, I would also encourage you to take time to care for yourself. Medicine is a profession built upon service to others, but our ability to provide compassionate care depends upon maintaining our own well-being. Spend time with family and friends, enjoy the longer days, soak up a little vitamin D, and take advantage of opportunities to rest and recharge. The relationships we cultivate outside of medicine often become our greatest sources of strength, perspective, and joy.

Perhaps you will find yourself reading this issue while relaxing on a beach, sitting beside a lake, traveling with loved ones, or simply enjoying a quiet evening on your back porch. Wherever this summer takes you, we hope Osteopathic Family Physician serves as both an educational resource and an enjoyable companion.

Thank you for your continued dedication to your patients, your communities, and the osteopathic profession. We appreciate your readership and wish you a safe, healthy, and rejuvenating summer.