

Preface to the 2nd issue of the International Journal of Medicine and Biomedical Research, 2013

Erhabor G.E.

Department of Medicine, College of Health Sciences, Obafemi Awolowo University, Nigeria.

gregerhabor7@yahoo.com, gerhabor@oauife.edu.ng

The International Journal of Medicine and Biomedical Research is an excellent educational resource for up-to-date and current information on medical and pharmaceutical sciences. In this issue, a wide range of scientific research materials spanning different aspects were presented.

One of the controversial issues facing the practice of medicine is the use of herbal products. Dickson *et al.* evaluated the quality and safety of a Ghanaian polyherbal product EAF- 2011 for management of superficial mycoses. Using phytochemical screening and thin layer chromatography procedures over the course of one year, the study concluded that the ointment is safe for use in the management of superficial mycoses.

ELISPOT assays are an integral part of many clinical trials. Sudha *et al.* used ELISPOT assay to assess the importance of interleukins 10 and 17 cytokines in the management of human asthma. The study revealed that ELISPOT gives information about how much cytokine peripheral blood mononuclear cells (PBMNC) are secreted but no information on quantitative cytokine concentrations which would have been helpful in assessing patients with moderate to severe asthma.

Islam *et al.* assessed diabetic distress among type 2 diabetic patients. Emotional burden was considered as the most important domain in measuring diabetic distress. Diabetic distress was found to be a significant health problem among these patients and should be considered in effective management of patients.

Perceived oral malodour remains a common cause for dental consultation. Azodo *et al.* evaluated the prevalence and factors associated with self- perceived oral malodour in periodontal patients. Data from this study revealed that major determinants of malodour include gingival bleeding on tooth brushing, worry about malodour and belief that artificial teeth are inevitable in old age.

Mesenchymal stem cells (MSC) can be derived from a variety of adult human tissues. However, some evidence suggests that the quality and quantity of the dental pulp derived stem cells (DPSC) depends on the source such as primary or baby teeth and adult or permanent teeth. Alleman *et al.* evaluated the potential to obtain DPSC from intact vital permanent teeth. The study concluded that DPSC differentiation into odontoblast and neuronal progenitors is associated with alterations in cell survival and viability. There is need to identify potential sources of MSC to treat age-related illnesses and to fully explore the potential of DPSCs extracted from human teeth.

One of the big challenges facing young ladies is the issue of dysmenorrhea. It is the source of great physical and psychological distress. Emmanuel *et al.* assessed various options for pain relief in dysmenorrhoea among undergraduates in Nigeria and found that the most widely used were drugs, exercise, warm bath and rest. He emphasized the need for a multidisciplinary approach in handling dysmenorrhea by both health workers and women.

The management of diseases has improved with various with time as researches seek to study the pathogenesis of diseases, likely biomarkers for early detection and prompt treatment. Adekola *et al.*

reported the association between gamma glutamyl transferase (GGT) and prostate diseases. Their findings revealed a margin but not significant rise in serum GGT in patients with prostate diseases when compared with the controls.

Chukwuonye *et al.* reported a case of chronic loin pain in a 65-year old adult with polycystic kidney disease. The cause of pain was believed to be due to increase in cyst sizes and weight of the kidneys. He had good response to intermittent use of paracetamol. The report reveals the need for different treatment modalities to be employed in managing pain in adult polycystic kidney disease.

A review of childhood tetanus from snakebite was done by Ugwu. The review showed a high fatality rate and the need for intensified efforts in eradicating the potentially fatal disease.

Waheed *et al.* wrote an interesting letter to the editor on the unseen and untold issues of clinical trials and research ethics in Pakistan. Clinical trial is an area which still needs powerful media campaign in order to protect the rights of research study participants.

I hope readers will find these articles interesting and that they will stimulate further studies that will enhance the practice of medicine.

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