

A stylized illustration of a beach scene. The background consists of wavy, layered bands of green and yellow, representing water and sand. Scattered across the scene are various medical supplies: a blue syringe with a white plunger, a small blue pill bottle, a brown first aid kit with a white cross, a purple stethoscope, a clipboard with a white sheet of paper and a pen, and a white syringe with a red plunger.

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DEAR READER,

Dear Reader,

As this year comes to a close, we must confront the need to change and grow. Change — as exciting as it can be — means we must bid farewell to the people and places we have grown to cherish. It is, however, essential for us to brave these changes to carry through the journey of life. As universities foster academic advancement, it is easy for us to be overwhelmed by the successes of others. We often forget to acknowledge our own success unless tangible gains are attached, whether that be a grade, scholarship, or job offer. Whether you are a student who has persevered through the academic year or a staff member who has persevered through the publication cycle, we applaud your unwavering efforts along the way. You have gained invaluable knowledge, grown in wisdom, and forged meaningful connections with peers and faculty. Your individual qualities make you incredible, regardless of any accolades you may or may not have received.

We take immense pride in our dedicated staff for embracing our vision to address critical social issues in healthcare. The cover art by Creative Directors Arim and Natalie, along with the table of contents by Aseel Abonawara, demand immediate action on the climate crisis to preserve our natural world and combat pollution. Katelyn Moore's MeduGallery sheds light on the challenges elderly folk face as they age in place, while Jacqueline Chen, Florence Deng, and Dalraj Dhillon's MeduAmplify examines the stigma and violence sex workers face in healthcare.

Through familiar article formats, our authors brave new territories of health and research. MedPulse features Audrey Dong and Aisling Zeng in their coverage of global healthcare and research news. In Pathoprofile, Olivia Kim and Rida Tauqir examine prion diseases, while David Gou and Matthew Olejarz present a Critical Review of α -GalCer in tumour suppression. Bhavana Soma and Zahra Alam tackle the use of psilocybin in mental healthcare in our Opinion Piece.

We welcome collaborations, new and old, with other organizations as well. It is our pleasure to feature abstracts from the International Women and Children's Health Conference, covering important topics such as fetal alcohol spectrum disorder, childhood dyslipidemia, and early hospital discharge after birth. We are thrilled to have the McGill Science Undergraduate Research Journal joining us to deliver a Critical Review on perinatal mental health.

To Aisling, Arim, Carolyn, David, Diane, Eric, Gurleen, James, Ken, Leena, Natalie, Olivia, Shanzey, Suraj, and Yiming — thank you for your exceptional leadership and resilience. It was a great privilege to serve all of you and the McMaster community this past year. As we exit stage right, we welcome Natalie Chu and Suraj Bansal as the new Editors-in-Chief. We expect nothing less than greatness from them as they will continue to grow The Meducator beyond its limits.

Though we bid farewell, we will forever cherish the memories we have formed with you throughout this year. Thank you.

All the best,

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