

LETTER FROM THE EDITOR:

CELEBRATING 10 YEARS OF THE MEDUCATOR



This April, it will have been 10 years since the first edition of *The Meducator* was published in 2002. In his inaugural Letter from the Editor, *Meducator* founder Jonathan Ng states that the publication was established “with the vision of immersing individuals, interested in pursuing a health profession, into the world of medicine”. The issue went on to include a series of interesting pieces on topics that ranged from HIV vaccines to the health benefits of chocolate.

To permanently preserve the first issue and all 19 since then, we have worked with Nick Ruest at the McMaster library to integrate our publication into the university’s institutional repository (Digital Commons). By making articles discoverable through Google Scholar and assigning each a citation, this system will ensure that the work of our authors remains valuable at McMaster and beyond.

A brief perusal of all the past issues now published on our website (www.meducator.org) reveals that our content has broadened in scope over the years and has expanded to include articles—and now abstracts—based on research conducted by students from a diverse range of fields. Medicine is truly multidisciplinary, and the idea that health is influenced by the most macro and micro of factors is certainly apparent in the articles of this, our tenth anniversary issue.

On a national scale, the federal government can directly influence health care delivery by providing (or not providing) transfer funding to provinces. In light of recent news since their inaugural column, Adrian Tsang and Justin Neves from the McMaster Health Forum Student Subcommittee discuss this topic in the *ForumSpace*.

But while Stephen Harper seemingly has the power to influence our health care, so do our parents. As recent nursing

graduate Regina DeLottinville aptly describes in her *Research Insight* piece, the experiences we have during our youth can play a strong role in dictating our health habits in the future.

However, there are several determinants of health that are less under our control. For example, ciliopathies are a series of disorders that have a genetic basis. In a thoughtful *Critical Review*, Mustafa Ahmadzai discusses the biology behind these diseases and highlights current research approaches that are used to learn more about them.

Mustafa’s article is followed by two additional *Critical Reviews*. A group from the recently founded Motivation for McMaster discuss the concept of peer-to-peer counseling and how it can be a valuable means to deal with mental health issues while at university. Andrew Webster then outlines the non-classical benefits of Vitamin D and describes how the current dosage recommendations might be off the mark.

The controversial policies and intriguing science featured in this issue may rightly occupy the minds of many students and health professionals, but the arts can also be used to improve our sense of perspective and regain our passions. Three members of *The Meducator* led by Ilia Ostrovski took the opportunity to interview Hartley Jafine to discuss the benefits of applying drama to health care and health education. In the coming weeks, we hope to post a video of this interview on our new YouTube channel.

In closing this letter, I would like to extend a thank you to all members of *The Meducator* team that have made the last two issues possible, and would like to wish next year’s staff all the best going forward. I have now been involved in nine editions of *The Meducator* and am confident that the next nine will make Jonathan just as proud.

HITEN NAIK

President & Editor-in-Chief

Bachelor of Health Sciences (Honours), Class of 2012