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EDITOR'S NOTE

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In this issue of the *Journal of Current Clinical Care*, we present a diverse collection of articles addressing both the technical and human aspects of contemporary medical practice.

Dr. D'Arcy Little contributes an examination of wellness strategies in his article on *Mindfulness and Stoicism for Doctors and Medical Trainees*. This piece explores practical approaches to managing the significant challenges faced by healthcare providers, including burnout, anxiety, and depression. With studies showing a 25% reduction in burnout symptoms among medical students practicing these techniques, this article offers evidence-based strategies for building resilience during training and throughout practice.

Also from **Dr. Little**, we feature a technical article on *Ulnar Variance Disorders* that demonstrates the diagnostic precision required in modern orthopedic medicine. The article covers radiographic positioning, advanced MRI interpretation, and algorithmic treatment selection. Notably, it compares outcomes between arthroscopic wafer procedures (return to work in 57.7 days) and ulnar shortening osteotomy (117 days)—providing valuable data for evidence-based treatment decisions.

Dr. William Watson shares a compelling narrative titled *Peter—An Inspiring Story of Resilience and Courage*. This piece tells the remarkable story of a patient's transformation from Holocaust victim to resistance fighter to octogenarian, reminding us of the profound human connections that define meaningful medical practice.

Finally, **Dr. Marina Malak's** *3P: Pills, Pearls & Patients* podcast addresses the practical challenges of *specialist referrals*—including declined referrals, administrative requirements, and the lengthy wait times that frustrate both physicians and patients. This discussion highlights the systemic issues that impact daily practice and patient care.

Together, these contributions span the breadth of clinical medicine, from technical orthopedic procedures to physician wellness, from inspiring patient stories to the administrative realities of modern healthcare delivery.

We hope you find this edition informative and valuable in your clinical practice. As always, we welcome your feedback and suggestions.