

EDITOR'S MESSAGE

Welcome to Summer

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Welcome to the summer of 2021! Sixteen months into the coronavirus pandemic, there is a definite difference this summer compared to one year ago. Memorial Day marks the unofficial beginning of summer for some, which is often associated with the poppy. Blooming just as summer begins, it is supposed to remind us to remember and reconnect with the Americans who have sacrificed their lives to further the values of democracy—connected with Independence Day at the beginning of July.

Remembering and reconnecting this summer is helped by vaccination, something that many of our readers have directly contributed to, either through assisting with immunization clinics or spreading the scientific truth to reduce fear and sensationalizing of information. Some may feel like George Washington in 1777 during the Revolutionary War when he had lost his patience and ordered William Shippen Jr., the surgeon general of the Continental Army, to inoculate all soldiers coming through Philadelphia. Historians have credited his decisions as crucial for saving the army, and, ultimately, the revolution. While the diseases may have their differences, the unpopular decisions feel very similar.

Some of the excellent articles in this issue may help you reconnect with your patients through well-worn ideas. A review of saltwater gargles to prevent upper respiratory infections seems to be common sense but is now backed by scientific evidence. Dr. Bray *et al.* show how using osteopathic principles with COVID-19-infected patients can lead to a quicker and more functional recovery from the illness. The final review article deals with a common complaint, heel pain, and incorporating a whole-patient approach to treatment. Our research article in this issue will hopefully help you reconnect with your patients with diabetes.

Once again, welcome to summer and this issue of the *Osteopathic Family Physician!*

