

EDITOR'S MESSAGE

Stay Positive

Ronald Januchowski, DO, FACFP, Editor, *Osteopathic Family Physician*

I like to think of myself as a pragmatic realist. For those professional philosophers in the audience, I realize that there are theories that would say these two are implicative of each other; others might say that it is, in fact, a redundant phrase. As an amateur philosopher with slight pedantic goat leanings, I like to define it as recognizing the world for what it is, but believing there is always something more if the proper searching is done. People search for truth, for peace, for many things that will help life become more fulfilling and create a positive nature to their lives.

If you are searching, why not make a scholarly activity out of your search? I would encourage you to review our call for papers or perhaps submit an original article for publication. The submission process is not difficult; perhaps even easier than the prior authorization you recently completed. Check out ScholarOne Manuscripts™, the official internet host for *Osteopathic Family Physician* (OFP), for more information at acofp.org/OFPSubmission. There, you will be able to create an account and find FAQs and user guides to help with your submission.

Medical writing is one component of a comprehensive skill set that I think all physicians should attempt to master. As any skill, it may take a little time and help to become competent. This issue has excellent examples of brief review articles and reports that are relevant to our audience and can serve as templates for your future work. *Osteopathic family physicians* have much to offer, and *OFP* can serve as a venue for those ideas. As a final note, *OFP* has writing mentors to assist those who wish to improve upon their skills. I hope to hear from many of you soon.

Take care of yourself and those around you. Enjoy this issue of *Osteopathic Family Physician*.

