

# FOREWORD MESSAGE

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We are proud to present the first-ever edition of the Malta Medical Students' Journal (MMSJ)! For many years, the research efforts of Maltese medical students were spread across three separate journals – Minima Medica, Mind Maps, and Momenta Mea (formerly Materna). This year, we have unified these publications under one umbrella to centralise our efforts and strengthen the journal's recognition both locally and internationally.

This inaugural edition features seven articles, each exploring diverse medical topics. Under the guidance of esteemed academics from the University of Malta and specialised medical professionals, the Malta Medical Students' Journal ensures the highest level of academic credibility and maintains an unwavering commitment to excellence.

We would like to extend our sincere gratitude to Timothy Piasecki, Juliana Zammit, and Manuela Grech, this year's Publication Coordinators, whose dedication and seamless coordination have been pivotal in bringing the MMSJ to life. Their hard work encompassed liaising with authors and tutors, overseeing student reviewing, and organising the MMSA Research Conference.

A heartfelt thank you also goes to our assistants – Micheala Koppens, Lauren Aquilina, and Peter Calleja – for their invaluable support throughout this journey. We are excited to see how the journal continues to grow under the stewardship of the incoming SCOME Officer, Peter Calleja. Additionally, we express our appreciation to MMSA's PRO Keith Calleja and our PR Coordinator Lauren Shaw, whose creative vision and tireless efforts have given this journal a cohesive and professional design that truly reflects the hard work of our contributors.

Lastly, we sincerely thank all the authors for their passion and dedication. Their thoughtful research and commitment to medical knowledge have been the backbone of this publication.

As we celebrate this milestone, we look forward with hope and ambition. The MMSJ stands as a testament to what collaboration, perseverance, and passion can achieve.

May it serve not only as a platform for scientific discourse but also as an inspiration to future generations of medical students to innovate, explore, and lead with purpose. This is only the beginning – and the future is bright.

**Timothy Borg | Martine Grech | Elisa Psaila**