



EDITORIAL

HEALTH

In Maltese we say, 'Ghandek is-saħħa, ghandek kollox' (In English: If you have good health, you have everything). Most people would agree. And yet as we listened to all the stories that built this issue of **THINK**, we noticed how discordant our behaviour can be to this would-be 'universal truth'.

Diabetes is a major problem in Malta according to the latest national study (pg. 24), yet there is an arguably even bigger issue with the lack of knowledge sufferers have in managing their condition. Mental health issues on the island continue to be flagged, but burnout is still a huge challenge for mental health professionals (pg. 36).

This said, the **THINK** team's realisation was quickly followed by overwhelming gratitude towards the research constantly being conducted. The human body and mind are complex, and researchers are working tirelessly to close the knowledge gaps that exist, from developing potential cancer vaccines (pg. 16) to decoding rare diseases (pg. 13). Others are finding ways to live in harmony with our brethren from all over the world (pg. 26).

Beyond this, we delve into some divisive topics, including Ebola and the attention it needs despite losing its position as scary headline of the moment (pg. 6). We also discuss the rise of veganism, the hate it gets, and the benefits it can provide (pg. 34), as well as the abortion debate taking the country by storm (pg. 10). Some reflection may be needed after reading this issue. You have been warned.

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