

Editorial

Integrating Innovation, Humanity, and Health Across the Lifespan

The current issue of the journal brings together five diverse yet remarkably interconnected contributions that collectively illuminate one of the defining challenges of contemporary healthcare: how to harness scientific and technological progress while preserving the human dimensions of medicine. The papers span clinical reasoning, women's health, dementia, digital culture and identity, and artificial intelligence. Although they originate from different disciplines, they share a common concern—the need to balance innovation with person-centered care, ethical responsibility, and societal well-being.

The issue opens with an important contribution by Salem and colleagues, who propose the Qatar Family Medicine Clinical Reasoning Cycle (QFMCRC), an integrated framework designed to strengthen clinical decision-making in family medicine. Recognizing that clinical reasoning extends beyond diagnosis to encompass management planning, follow-up, and reflective practice, the authors present a practical cyclical model that mirrors the realities of primary care. Their work highlights the increasing need for structured reasoning frameworks capable of supporting clinicians facing complex, undifferentiated presentations within modern healthcare systems. At a time when healthcare is becoming increasingly data-rich and technologically driven, the QFMCRC reminds us that effective clinical reasoning remains the cornerstone of safe and compassionate patient care.

The second article shifts attention to an equally important but often underappreciated stage of life. In their comprehensive review of Lifestyle Medicine as a Therapeutic Approach to Menopause, Ahmed Abdulrahman emphasizes that menopause should not merely be viewed as an endocrine transition but as a critical opportunity for preventive healthcare and healthy aging. By examining the six pillars of lifestyle medicine—including nutrition, physical activity, restorative sleep, stress management, avoidance of harmful substances, and social connection—the review presents a compelling argument for holistic, patient-centered interventions that extend beyond pharmacological treatment. The paper reinforces the growing recognition that lifestyle medicine has become an essential component of modern clinical practice and public health strategy.

Aging and cognitive health remain among the most pressing healthcare challenges worldwide. In this issue, Abyad provides a comprehensive review of other dementias, including normal pressure hydrocephalus, Creutzfeldt–Jakob disease, Huntington's disease, HIV-associated dementia, and toxin- and infection-related cognitive disorders. The review highlights an important clinical message: not all dementias are alike, and some are potentially reversible if recognized early. The paper illustrates how advances in neuroimaging, molecular diagnostics, biomarkers, genetics, and precision medicine are transforming diagnostic pathways while simultaneously reinforcing the enduring importance of careful clinical evaluation. Particularly relevant is the emphasis on treatable causes of cognitive decline, a reminder that diagnostic vigilance remains essential even as technological capabilities expand.

The next contribution moves beyond traditional clinical medicine into the broader social determinants of health and well-being. Elghblawi's thought-provoking exploration of beauty, identity, and the psychology of perfection in the age of digital influence examines the profound effects of social media, cosmetic culture, and influencer-driven ideals on self-image and mental health. The paper raises critical concerns regarding body dysmorphic disorder, unrealistic beauty standards, repeated aesthetic interventions, and the ethical responsibilities of healthcare practitioners. Its relevance extends beyond dermatology and cosmetic medicine; it touches fundamental questions about identity, authenticity, psychological resilience, and the impact of digital environments on human behavior. As healthcare professionals increasingly encounter patients shaped by online narratives and social comparison, understanding these dynamics becomes essential.

The issue concludes with a timely discussion of one of the most transformative developments of our era: artificial intelligence. The paper on AI, copyright, intellectual property, and human knowledge explores both the extraordinary potential and the substantial risks associated with emerging AI technologies. It addresses concerns regarding ownership of knowledge, protection of intellectual property, privacy, employment, child welfare, and the ethical use of technological innovation. Importantly, the paper challenges readers to consider whether society is developing appropriate safeguards to ensure that AI serves human advancement rather than undermining human creativity, autonomy, and social structures. These questions are particularly relevant for healthcare, where AI is

increasingly influencing diagnosis, research, education, and clinical decision-making.

Viewed collectively, the papers in this issue reveal several unifying themes. First, they underscore the continuing importance of human judgment, whether in clinical reasoning, lifestyle counseling, dementia diagnosis, psychological assessment, or AI governance. Second, they emphasize the value of holistic approaches that recognize the complex interplay between biological, psychological, social, and technological influences on health. Third, they remind us that scientific progress must always be accompanied by ethical reflection and a commitment to preserving human dignity. As medicine enters an era characterized by unprecedented technological advancement, increasing longevity, and rapidly evolving social environments, the challenge facing clinicians, researchers, and policymakers is not merely to innovate but to innovate wisely. The contributions presented in this issue offer valuable insights into how that balance may be achieved. Together, they encourage a vision of healthcare that is evidence-based yet compassionate, technologically advanced yet ethically grounded, and scientifically rigorous yet profoundly human.

We commend the authors for their thoughtful and diverse contributions and trust that readers will find in these pages both practical guidance and intellectual inspiration for navigating the opportunities and challenges of modern healthcare.

The issue also includes a timely review by Al Shammari and Sait on hypertension in women with obesity, a growing global health concern with significant cardiovascular implications. The authors

examine the complex interplay between obesity, hormonal influences, metabolic dysfunction, and hypertension across the female lifespan. By addressing female-specific risk factors such as menopause, polycystic ovary syndrome, and pregnancy-related hypertensive disorders, the review highlights the importance of individualized, sex-specific approaches to prevention and management. Equally important, the paper emphasizes the role of lifestyle interventions, pharmacological therapies, emerging metabolic treatments, and public health strategies in reducing long-term cardiovascular risk. As obesity and hypertension continue to rise worldwide, this contribution provides a valuable framework for clinicians and policymakers seeking to improve outcomes for women across diverse populations.

Warm regards,
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