

## Introduction



We are delighted to present the third issue of the “Medicine and Public Health Journal”. This issue brings together six diverse articles that provide valuable perspectives on health, ethics and the ways in which humans adapt to medical and environmental challenges.

An original research article by Teleglow et al. delves into the fascinating world of winter swimmers, individuals who regularly immerse themselves in icy waters. The study examines how such extreme environmental exposure affects leukocyte apoptosis, shedding light on the adaptability and resilience of the human immune system.

This issue features two insightful review articles that address critical matters in public health and clinical practice. Prof Jan Hartman explores philosophical frameworks for redistribution of health care, contrasting entitlement-based approaches with solidarity-based models. Meanwhile, Stopyra’ et al. highlight the complexity of diagnosing CMV infection. Using two illustrative case studies, the article highlights the broad spectrum of symptoms and the importance of a thorough differential diagnosis in infants with multi systemic presentations.

The case reports in this issue offer interesting perspectives on rare and challenging clinical scenarios. Milaniak et al. raise the issue of the cardiovascular risks of anorexia nervosa and the critical role of echocardiography in monitoring adolescent patients. Stachura et al. present the remarkable story of a pregnant patient undergoing awake neurosurgery, highlighting the importance of interdisciplinary care. Finally, Bogaczyk et al. explore the diagnosis of a congenital tumour identified postnatally, highlighting the value of neonatal screening and the complexity of managing such rare cases. Taken together, these case reports highlight the value of innovative and patient-centred approaches to the management of rare but important conditions.

We hope that you find the articles in this issue thought-provoking and informative, and that they stimulate both clinical and academic discussion. Thank you for joining us in exploring these diverse facets of medicine and public health. Enjoy reading!

*Janusz Ligęza*  
*Deputy Editor*