
PERSISTENCE IN SCIENCE AND SCIENTIFIC PUBLICATION

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Upon enrolment at university and during studies, the most important step is to successfully pass the courses and obtain a diploma, contemplating about the end of studying period. During our studies, we are given the advice to critically think about the obtained knowledge, we are also encouraged to take a scientific approach to biomedicine, although we are not aware of its importance at the time. I will try to paint a picture and portray our knowledge with a symbol of a "tree". Only after obtaining the diploma do we realize that our studies were the root and tree that gradually grew with care and attention. However, a tree also consists of branches and leaves that change every season. Old branches are cut, the leaves fall and are replaced by new ones. It is easy to conclude that branches and leaves symbolize the continuous change and upgrading of existing knowledge.

Every doctor, nurse/technician, physiotherapist, midwife, or pharmacist must keep track and follow the latest scientific achievements in order to be successful in their profession, in other words they must be scientifically active. Of course, not everyone has the affinity for

scientific writing and experimental work, and not everyone has to have it. But all medical professionals must be educated in order to find correct medical information, and diagnostic and therapeutic algorithms in biomedical databases.

The Health Bulletin is a form of a brand of the Faculty of Health Studies University of Mostar. The journal was founded with the idea of enabling scientific advancement for all biomedical scientists, especially graduates of the Faculty of Health Studies. Year after year, the journal continued to improve and moved upward on the scale of excellence as a result of hard work of the editorial staff and everyone else involved in journal activity. Continuity of scientific work and publication is very important for a scientist. Reading and studying professional and scientific literature enriches our fund of knowledge, but also increases our ability to critically analyse and think about the processed information. Recently, there has been an "explosion" of published works, there are many pharmaceutical preparations on the market for various diseases, emergence of new diseases/syndromes, there are numerous

medical theories that are often contradictory, not to mention the number of alternative routes and paramedical information. A logical question arises: How to navigate in the sea of information and be as objective as possible in our judgment? This is only possible with a critical approach and good knowledge. Criticism or self-criticism are extremely important qualities of every scientist and are acquired by constant investment in oneself that is, by reading relevant biomedical literature and

publishing. Therefore, my message to anyone who wishes to aspire in science and academia is to be persistent. I would like to sincerely congratulate the editorial staff of the *Health Bulletin* for their efforts and achieved results, and send a message: "Be persistent and relentless in your future endeavours, continue to be guided by criteria of scientific excellence and honesty, all in order to ensure a safe future of the journal".