

EDITORIAL

Dear Researchers and Esteemed Readers,

It is with great pleasure that we present the latest issue of the BAU Health and Innovation Journal. This issue is a testament to the dedication of our academic and technical team, as well as the invaluable contributions of our esteemed authors and reviewers, whose expertise and rigorous evaluations have ensured the highest scholarly standards.

In this volume, we continue our mission to foster interdisciplinary dialogue and innovation in health sciences. We are proud to feature four original research articles and three comprehensive review papers, each offering novel insights into critical areas of health and medicine. The diversity of topics covered—ranging from complementary feeding strategies and health literacy to the impact of ergonomic factors and preoperative anxiety—reflects our commitment to addressing both contemporary challenges and emerging trends in healthcare.

As scientific inquiry advances, the role of rigorous research in shaping the future of healthcare becomes ever more crucial. This issue includes studies that not only deepen our understanding of complex medical phenomena but also provide evidence-based recommendations for clinical and public health applications. We believe that these contributions will inspire further research and encourage collaboration across disciplines.

The field of health sciences is rapidly evolving, driven by technological advancements, personalized medicine, and an increasing emphasis on holistic well-being. As we move forward, the BAU Health and Innovation Journal remains committed to being a platform that bridges diverse perspectives and fosters groundbreaking discoveries. We invite researchers from all fields to share their pioneering work with us and contribute to the collective growth of knowledge.

We extend our heartfelt gratitude to our readers, contributors, and editorial board members, who continue to support our vision. We hope that this issue will serve as a valuable resource for researchers, practitioners, and students alike, inspiring new discussions and innovations in health sciences.

We look forward to your future submissions and to continuing this journey of discovery together.

**With appreciation,
Dr. Yonca Sevim
Assistant Professor**