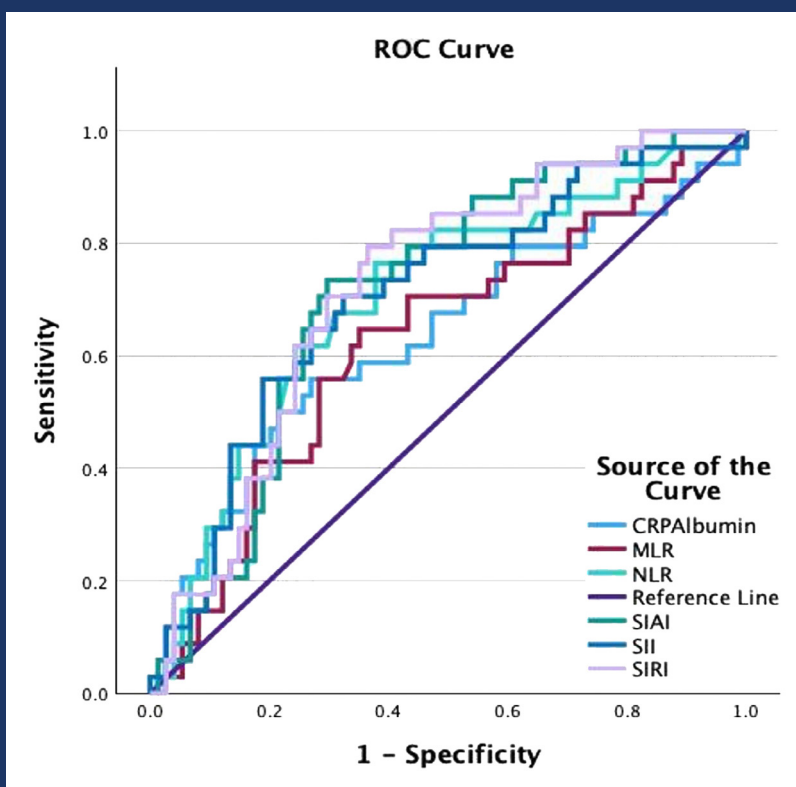


COMPREHENSIVE MEDICINE

Formerly İstanbul Kanuni Sultan Süleyman Tıp Dergisi

Volume 17 Issue 1 January Year 2025



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AIMS AND SCOPE

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The aim of Comprehensive Medicine is to provide students, who are educated in the field of medicine in all fields of medicine, and researchers to all physicians who are in the field of health and information about disease treatment and prevention methods. The journal publishes original research articles including gynecology, obstetric, pediatrics, pediatric surgery and basic medical sciences, case reports, reviews and announcements of panels and congresses. Comprehensive Medicine is to publish original researches on international level qualified, continuous and general medicine and periodically evaluated at the highest level both clinically and scientifically according to the konusunda double-blind, system for the consultant and writer. In addition to this, they include collections covering basic innovations about education, letters to the editor, and case reports.

Moreover, by conducting an objective evaluation within the framework of the ethical rules of the journal, the consultant aims to enable the reviewers to transfer their experiences to the authors, to give the author a perspective on how to write a scientific article, and to contribute to the elimination of the scientific value of the articles published in our country.

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EDITORIAL

Nutritional supplements are commonly used to support health status, although their efficacy and safety are still debatable. Despite the fact that these supplements contain vitamins, minerals, and herbal extracts, the effectiveness and safety of these products are often the subject of contradictory scientific data. Most people don't need supplements, because they get what they need from a balanced diet. For some groups such as those with low vitamin D levels and/or little sun exposure, certain supplements may be beneficial.

One of the biggest issues is the regulation of supplements. They do not need FDA pre-market approval, unlike pharmaceuticals, which could be the cause of quality and safety issues. Studies indicate that adverse events associated with supplements are believed to be the reason for ER visits. Inaccurate dosages, contamination, and interactions with other medications make their safe use even more difficult. Notwithstanding these risks, supplements may be helpful when taken as prescribed by a physician. Health care professionals should advocate for whole foods as the best source of nutrients and only suggest supplements when data-backed and absolutely necessary. To ensure efficacy and safety, standardized testing, strong regulations, and consumer education are needed. Scientific research has shown that supplements can be used responsibly to maximize their benefits and minimize any potential risks.

Respectfully yours,

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