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Editorial - Brazilian Scientific Journal of Health and Medicine (RBMED)

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In a scenario marked by information overload and the constant tension between speed and quality, the launch of the *Brazilian Scientific Journal of Health and Medicine (RBMED)* represents a clear position: science cannot be treated as disposable content.

RBMED was created with the purpose of strengthening, disseminating, and internationalizing scientific production in the areas of health and medicine, based on fundamental principles such as methodological rigor, editorial ethics, and a commitment to evidence-based science. More than just a journal, it establishes itself as a space for articulation between research, professional practice, and the formulation of public policies.

This inaugural edition, Volume 1, Number 1 (2025), embodies this proposal by bringing together studies that reflect both the emerging demands and the structural challenges in the health field.

The discussion on prevention gains prominence with the article *"The Importance of Early Screening in the Prevention of Cardiovascular Diseases in Young Adults,"* by Fabricio Chaves de Melo Castelo Branco, which highlights the strategic role of early risk identification in populations frequently neglected by traditional screening policies.

In the field of healthcare innovation, the study *"Impact of Telemedicine Services on the Resolution of Primary Care Consultations,"* by Pedro Edgar Assunção de Carvalho, analyzes how the incorporation of digital technologies is transforming the dynamics of care, expanding access and redefining the effectiveness of services.

The interface between education and health is explored by Luigi Souza Schwantz in *"Evaluation of the Impact of Health Education on Glycemic Control in Patients with Type 2 Diabetes Mellitus,"* reinforcing the role of knowledge as an essential therapeutic tool in the management of chronic diseases.

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In the field of eye health, Luiz Fernando Souza Mancini presents *"Effectiveness of Prolonged Use of Soft Contact Lenses in Eye Health,"* a review that discusses complications and preventive strategies, contributing to safer and more conscious practices.

The humanization of care, frequently advocated for but not always practiced, is addressed by Bárbara Aline Ferreira Assunção in *"The Power of Nursing in Humanizing Care for Hospitalized Patients: Contemporary Challenges and Strategies,"* which presents fundamental reflections on the role of nursing in the patient experience.

In the field of dentistry, Maria Helena Ferreira Assunção contributes with the study *"Effects of Antimicrobial Photodynamic Therapy in the Treatment of Periodontal Disease in Adults,"* highlighting innovative therapeutic approaches and their clinical impacts.

The social dimension of health is discussed by Ianny de Assis Dantas in *"Invisible Inequalities: How Social Determinants Shape Access to Health Services in Contemporary Brazil,"* a work that highlights that, behind clinical indicators, there are social structures that condition access and health outcomes.

The incorporation of emerging technologies is represented by the article *"AI for patient safety: tools that monitor data in real time to identify clinical problems,"* by Maria Alice Vieira, which points to a future in which artificial intelligence acts as an ally in the prevention of adverse events.

Finally, expanding the discussion on digital health, Bárbara Aline Ferreira Assunção presents *"Teledentist and Remote Monitoring,"* highlighting new possibilities for monitoring and care in dentistry mediated by technology.

The thematic diversity of this edition is not accidental. It reflects the inherent complexity of the health field, which demands interdisciplinary and integrated approaches to respond to contemporary challenges.

Supporting this production, RBMED adopts a rigorous editorial model, with double-blind peer review, a continuous flow of submissions, and an unwavering commitment to academic integrity. In an environment where scientific credibility is constantly tested, such principles cease to be differentiators and become minimum requirements—even if not everyone manages to meet them.

This inaugural edition does not close a cycle; it inaugurates a journey. A journey that demands consistency, responsibility and, above all, commitment to building
Relevant knowledge.

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Because, in the end, science can survive without editorial oversight. But not for long. And definitely not with dignity.

RBMED chooses a different path. And that's a good thing.

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