



EDITORIAL



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Editor-in-Chief,
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Dear Esteemed Readers,

It is with great pleasure that I present to you the much-anticipated edition of the **DOKITA** Journal. As medicine continues to evolve and the disparity in research output between Africa and the rest of the world widens, it is imperative that all custodians of medical knowledge in Nigeria and across the continent rise to the challenge of bridging this gap. Medical students are not mere spectators in this endeavour—they have a vital role to play.

One of the aims of this journal is to eliminate the now all-too-common phrase among African researchers that highlights limitations in their studies: “There is a paucity of knowledge from Africa on this subject matter.” To achieve this, we must actively support platforms that amplify students’ voices and showcase their innovative contributions to medical education and research.

For the past 64 years, the **DOKITA** Journal, the official journal of the University of Ibadan Medical Students’ Association, has been at the forefront of this mission. As the foremost medical students’ journal in Sub-Saharan Africa, it has consistently served as a credible source of medical information for both local and international audiences.

In this general edition, we bring together an array of pertinent topics from various specialties, underscoring the importance of a collaborative and interdisciplinary approach to medical research. From examining the impact of contraceptives on women’s mental health, the prevalence of mental health problems among health care workers, to exploring the impact of the management of diabetes mellitus on pregnancy outcomes, this edition examines critical issues. It also features research studies by students, opinion pieces addressing pressing public health challenges, and stirring interviews with inspiring professionals. To provide a well-rounded experience, we have included entertaining and stimulating games to engage our readers. Unlike previous special editions that focused on single themes, the aim of this general edition is to spark discussions on largely overlooked, yet crucial matters affecting our local communities and the global landscape.

We hope this edition will serve as a catalyst for the development of transformative ideas and solutions that will shape the future of medical research in Nigeria and Africa.

We encourage you, our readers, especially students, to immerse yourselves in this edition. Let it challenge your perspectives and reignite your passion for medical excellence. The benefits of early engagement in medical research are numerous and cannot be overstated. From

enhancing critical thinking and statistical analysis skills to improving academic writing and opening opportunities for networking, engaging in research refines the ability to critically appraise data and creates pathways to make a meaningful impact on the world.

This editorial would be incomplete without acknowledging the tremendous efforts of the phenomenal people who contributed to the success of this edition. I sincerely appreciate the dedication of Mr Alabi Joshua, Miss Kolawole Victoria, Mr Sayikanmi John, Mr Akande Oyewale, and all members of the Journals Committee. I express my sincere gratitude to the peer reviewers who sacrificed their time to evaluate our articles, the Executive Council who supported the production process while excelling in their respective roles, and the alumni of the Board for their invaluable guidance and support. The contributions of many others cannot be overstated, and I am deeply grateful for the unwavering support the Board has received.

In conclusion, as we stand on the brink of medical advancement, the **DOKITA** Journal remains a symbol of excellence in the relentless pursuit of knowledge and innovation. Here's to a brighter future in medicine.

God bless **DOKITA!**
