

*Dear colleagues and friends,*

On the occasion of the 50th anniversary of *Achaiki Iatriki*, I would like to express my deepest gratitude to all those who have contributed to the remarkable journey of our journal. Over the past five decades, *Achaiki Iatriki* has evolved into a well-established scientific journal, a development that would not have been possible without the dedication and vision of its previous Editors-in-Chief: Alekos Maraslis (1975-1985), Athanasios Diamandopoulos (1986-1991, 1993-1996, 1998-2005), Constantinos Chrysanthopoulos (1991-1992), Mariana Stamatiadou (1997-1998) and Nicholas Kounis (2006-2019). Their tireless efforts helped shape the journal's identity and secured its place in the scientific community.

The year 2020 marked a pivotal moment for *Achaiki Iatriki*, as the journal transitioned to publishing in English and increased its frequency to four issues per year. This shift enabled the journal to reach a broader international audience, facilitating the dissemination of high-quality research beyond national borders. It strengthened the journal's visibility, enhanced its impact, and opened new avenues for collaboration and knowledge exchange.

In 2021, another significant milestone was achieved with the launch of the journal's website, which now serves as the primary platform for manuscript submission and management. This advancement has streamlined the editorial process, improved communication between authors, editors, and reviewers, and ensured greater transparency and efficiency in handling submissions.

As we celebrate 50 years of *Achaiki Iatriki*, we remain committed to upholding the highest standards of scientific integrity and editorial excellence. This would not be possible without the invaluable contributions of all authors who entrust us with their work, as well as the dedication of our editors and reviewers. Their rigorous efforts and support are the foundation of the high-quality output that defines our journal.

This anniversary issue reflects both our history and

our forward-looking vision. The historical report by Ioannis Karaindros traces the evolution of *Achaiki Iatriki*, from its early origins through its editorial transitions, and transformation into an internationally oriented, English-language publication. A second report by the same author reconsiders the founding date and position of the Medical Society of Patras, fixing earlier mistakes in the literature and confirming when it was actually established. In a third report, Athanasios Diamandopoulos examines the Society's history, the journal's changes, and the challenges of preserving medical heritage, while also correcting mistakes found in previous accounts.

This issue also features four editorials. Sakaretsanou et al. highlight the therapeutic role of art and culture, presenting social prescribing as a person-centered approach that can enhance well-being, reduce health inequalities, and complement healthcare in Greece and beyond. Karapanagiotidi et al. discuss the evolving role of liver biopsy, emphasizing its continued importance in complex diagnostic scenarios despite the growing use of non-invasive tests and the emerging potential of artificial intelligence in liver pathology. Alexopoulos et al. report that integrating values-based practice into precision medicine can safeguard patient autonomy, promote shared decision-making, and bridge biological data with the psychological and social dimensions of care. Finally, Kounis et al. present Kounis syndrome as a multisystem allergic coronary disorder, highlighting the role of mast cells and IgE in its pathophysiology and exploring preventive strategies, including monoclonal antibodies and mast cell-stabilizing therapies.

In addition, two review articles are included in this issue. Mouchtouris et al. explore the evolution of the One Health concept, its applications in zoonoses, antimicrobial resistance, food security, and climate change, as well as the challenges for its future implementation.

Polychronopoulos et al. examine established and emerging biomarkers in infection and sepsis, emphasizing their role in early diagnosis, monitoring, prognosis, and guiding therapeutic decisions.

Looking ahead, we are determined to further strengthen our role as a platform for innovative research, fostering dialogue and collaboration within the global scientific community. On behalf of the editorial board, I extend my sincere thanks to everyone who has been

part of this journey and invite you to continue supporting *Achaiki Iatriki* in the years to come.

Best regards,

C. Triantos  
Associate Professor in Internal Medicine  
and Gastroenterology Faculty of Medicine,  
School of Health Sciences, University of Patras  
Editor-in-Chief of the journal "ACHAIKI IATRIKI"