

Preface from the Editors

Dear reader,

We welcome you to the last issue of our milestone 90th volume. In deciding on a subject for this issue, we wondered what had potential to define the next decade in medicine and research. Almost invariably, the answers seemed to center around the theme of Mental Health, and it's not difficult to see why. Major advances in research, such as the advent of whole-genome sequencing, are leading to a profoundly deeper understanding of genetic causes of conditions like autism spectrum disorder, schizophrenia, attention deficit disorder, among others. Further, induced pluripotent stem cell technology is paving the way towards drug discovery in human neurons for previously intractable conditions. Surgical interventions pioneered at the University of Toronto are showing promise in treating medically refractory depression. At the same time, there is an increased appreciation of the value of mental health among the general public.

Our team worked hard to bring you an issue featuring interview, perspective, research, and review articles. *Catherine Brown* discusses women's mental health issues with **Dr. Simone Vigod**. **Dr. Gail Robinson** shares her experiences in providing mental health services to underprivileged and underserved populations. Further, **Dr. Elizabeth Lin** explores the barriers to access to mental health services. *Oliver Ryan*

Clow shares a deeply personal story of his struggle with post-traumatic stress disorder and the invaluable role of a physician in managing it. In addition to these highlights, articles in this issue tackle a vast array of topics, ranging from medical history to reviews examining the factors that explain the improved health of immigrants in comparison to the indigenous population.

We would like to thank all members of the 2012-2013 *UTMJ* team for their invaluable contributions, hard work and creativity. We are deeply indebted to the work of our associate editors, reviewers, and lecture series coordinators in making this 90th year of the *UTMJ* one to be proud of. We would also like to extend our gratitude to the Faculty Advisory Board and the numerous faculty reviewers who have donated their time and effort to helping the journal grow. It was humbling to be given an opportunity to participate in what is the oldest student-run journal in North America.

Sincerely,

Kirill Zaslavsky and Ilya Mukovozov
Editors-in-Chief