

From the Editors

Dear Readers,

Summer ends with a taste of raspberries and the illusion that a beautiful tan will last for a long time. This is somewhat silly season, for some people days pass lazily in the rhythm of 'doing nothing', while others have to do a well-deserved penance for carefree holidays, substituting for colleagues who are off on their holidays. Psychiatrists are preparing for the General Meeting of the Polish Psychiatric Association, during which the new authorities of our Association will be elected, while legislators are working on amendments to the Mental Health Protection Act, which is celebrating its quarter-century and certainly requires minor adjustments to be able to undertake treatment activities in various difficult situations more efficiently, maintaining care for patient's autonomy and rights. The Editors of *Psychiatria Polska* are not wasting time as well, presenting a comprehensive and interesting issue.

In this issue, Readers will find, among others, several articles on autism spectrum disorder. Agnieszka Rynkiewicz et al. write about girls and women with ASD. Previously we could already read about the specificity of ASD in girls and comorbid psychopathological syndromes [1], now Waligóra et al. discuss biomarkers in ASD. The authors focused on markers of oxidative stress and the methylation and transsulfuration cycle. While reading this work, it is worth to return to the study on amino acids in autism [2]. Marker studies bring great hope for improving identification and differentiation as well as monitoring of the progress of the therapy (e.g., [3]), however, they still have not entered the routine. In ASD diagnostics, we more often use other tools, which was discussed by Krzysztofik and Otrębski [4].

While marker studies can contribute to the progress in psychiatric diagnostics, new and revolutionary methods are emerging in treatment. These include deep brain stimulation, conducted in the Wrocław center under the guidance of prof. Rymaszewska. We are pleased that the authors: Jan Beszafej et al. discuss new therapeutic options and share their experience in treating patients suffering from severe, drug-resistant obsessive-compulsive disorder in our journal. As it is known, OCD can be a disorder extremely difficult to treat, both using psychotherapeutic and pharmacotherapeutic methods. Therefore, seeking new opportunities is extremely important. Krzyszkwowiak et al. discuss current treatment options. One of them may be atorvastatin, the use of which was discussed by Rahim and Sayyah [5].

The next two articles, that we would like to draw attention to, are devoted to suicidal ideation and the risk of suicide. This subject often appears in *Psychiatria Polska* [6–8]. After all, patients' suicidal behaviors sometimes keep psychiatrists awake at night, we worry about our patients, it is difficult for us to distance ourselves from the drama of committed suicide, we know how difficult it is to assess the risk. We also know how difficult it is to decide to discharge a patient who talks about suicidal ideations [9]. We ask ourselves what is the role of the patient's personality? to what extent can psychotherapy be helpful [7]? These are difficult issues faced by every clinician working with people with mental disorders, thus it is natural that it is the subject of many scientific studies and publications.

Finally, we encourage you to read two articles on lower urinary tract symptoms in patients with depression and neurotic disorders. These articles constitute a development of the research cycle conducted in the Departments of Psychiatry and Psychotherapy of the Jagiellonian University Medical College in cooperation with the Department of Urology of the Jagiellonian University Medical College [10–14].

Of course, this is not everything that the Reader will find in the current issue of *Psychiatria Polska*.

We wish you interesting and inspiring reading!

Dominika Dudek – Editor-in-Chief
Jerzy A. Sobański – vice Editor-in-Chief
Katarzyna Klasa – Managing Editor

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