

# EDITOR'S MESSAGE

## Relax, Reflect & Enjoy the Summer

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As I write this Editor's message, World Cup football (American translation = soccer) is in full swing. Lucky for our readers, the *Osteopathic Family Physician* comes out every couple of months, instead of every four years!

July and August hold more than just international sports. Summer can be time for relaxation, and after reading the article on confronting burnout, you may look to schedule some time off from work. While on your time off, the other articles in this issue may prove of some value. While participating in your own soccer tournament, be cautious of sustaining a minor traumatic brain injury and read up on the reporting of such injuries among teenagers participating in sports. See if you can put some history behind the clinical image of a crooked finger presented in this issue, and hope for nothing similar from personal experience.

To remember the passing of Anthony Bourdain, your vacation adventures may bring you to novel eateries involving savory (or unsavory) foods. The submission on food allergies may be useful in this situation. I hope you find something in this issue interesting and take some time to relax, reflect and enjoy the summer.

See you in a few months!

*Pelé dribbling past a defender in a 1960 game.*

