



EDITOR'S MESSAGE

Practicing Purpose, Gratitude, and Compassion

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As we settle back into routine after the holidays, the decorations come down and the familiar rhythm of daily practice returns. Still, winter offers a moment to reflect on the year behind us, the accomplishments achieved, the challenges navigated, and the resilience built along the way. It is also a time to look forward with gratitude to the work still to be done, alongside both our work families and those at home.

This season reminds us of our role as healers and guides, particularly as winter illnesses circulate, and uncertainty continues to surround public health and science. Conversations with patients and parents, especially regarding children, require patience, compassion, and a steady commitment to evidence-based care. Listening carefully and meeting concern with clarity remains essential to protecting those who depend on us most.

This winter issue highlights women's health, including gynecologic disorders and pelvic pain, areas where attentive listening is also critical. Women's concerns deserve validation, thoughtful evaluation, and partnership in care. As osteopathic family physicians, our strength lies in hearing our patients, advocating for them, and guiding them forward with empathy and trust.

As the new year begins, may we continue to practice with purpose, gratitude, and compassion--supporting our patients, educating our learners, and caring for one another through the season ahead.

UPCOMING EVENTS

FEB
6-8
2026

Faculty Development Conference
Virtual

JUN
12-19
2026

CME at Sea
Seattle, WA to Alaska

APR
15-19
2026

ACOF 63rd Annual Convention and Scientific Seminars
Orlando, FL