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COMMENTARY

Harmonizing Our Voices

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> "Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has." – Margaret Mead

The Journal of the National Hispanic Medical Association recognizes that Hispanics/Latinos are not monolithic; therefore, it is critical to our mission to welcome and include all voices. Please note some of the highlights since our inception.

Because our Journal includes all aspects of medical care, this issue highlights clinical facets of Alzheimer's disease, bipolar disorders, the Hispanic Paradox, and disparities in surgical oncology. It also includes articles from international colleagues whose work adds to the richness of the Journal.

A new section, "JNHMA Voices," is inaugurated in this issue with the first Voice describing the challenges of being "Sandwiched" during the crucial years of training—a relatable topic indeed! Please consider adding your voice. The Journal welcomes your commentaries and sharing your experiences, adding your Voice to future issues.

As part of our commitment to the next generation, the Journal is proud to announce that the JNHMA Editorial Board has welcomed two Junior Editors. These competitively selected Latino Medical Student Association (LMSA) student leaders were elected by their peers to serve for the coming year. This innovative partnership with LMSA will allow the students to have an exceptional, in-depth editorial experience.

Given the data regarding the growing Hispanic/Latino population (nearly 20% in the U.S.), the positive community response when the doctor or health professional not only speaks Spanish but also understands their culture,[1] and the limited numbers of Hispanic/Latino medical students and physicians (6% of all physicians in the U.S. are Hispanic/Latino and of these, only 2.5% are women[2]), considering approaches to support the health professional workforce is critical. Two articles in this issue present strategies to support pathways to the health professions. In "Effectiveness of a National Virtual Premedical Conference to Support Underrepresented Minorities with a Focus on Hispanic/Latinx Attendees," the experience with a virtual

premedical conference is presented, and in "Bridging Horizons: Identifying Key Domains for Recruiting Latino and Hispanic Students to Medical Schools," the focus is on attracting new applicants.

In addition, as in past issues, we have included access to the "Unsettled" podcast episodes that address many issues pertinent to our community and which the creators have generously made available to our readers.

The Editors of JNHMA want to lift up your Voices. We welcome your readership, your comments, and your manuscripts. Please also consider becoming a reviewer and sharing your expertise with our readers.

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