

Editorial: Inaugural Issue of Conclusions in Medicine

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I. A MISSION TO DISTILL EVIDENCE INTO PRACTICE

The launch of Conclusions in Medicine marks a transformative milestone in biomedical research and clinical practice. This inaugural issue—Volume 1, Issue 1—embodies our mission to advance the science of structured, evidence-based conclusions, a cornerstone of scholarly communication that is often underrepresented in medical literature. Our journal serves as a platform for rigorous, clinically relevant findings drawn from original research, systematic reviews, and meta-analyses, all translated into clear, actionable insights for healthcare professionals. In an era where vast data and complex results can overwhelm even the most diligent clinician, we champion the art of distilling complexity into clarity. To achieve this, every submission to Conclusions in Medicine follows a standardized framework encompassing the study's Objective, Methods, Findings, and Conclusion. By insisting on this structure, we ensure that authors articulate their outcomes with rigor, reproducibility, and clarity. This approach aligns with global standards for transparency and statistical integrity, and it helps readers quickly grasp how each study's conclusions were reached. In short, our goal is not just to

publish data, but to highlight the clinical implications and practical takeaways that can directly inform patient care.

II. NAVIGATING AN ERA OF INFORMATION OVERLOAD

Modern medicine exists in a dynamic and evolving landscape. Scientific knowledge is expanding at an exponential pace; one estimate suggests that medical information now doubles in volume. This rapid growth brings tremendous opportunities for innovation, but it also poses a formidable challenge: how can busy practitioners and policymakers keep up with the torrent of new studies and data? The risk of information overload is real, and important discoveries can be overlooked or misunderstood amid the deluge of publications. This is where Conclusions in Medicine steps in. By curating high-quality research and emphasizing well-founded conclusions, we strive to be a trusted source of synthesized medical knowledge. Our focus on conclusions means that each article in this journal has been refined to highlight the most relevant insights without oversimplifying the science. In launching this first issue, we acknowledge the need for dependable, distilled evidence to guide clinical decision-making. We see our role as both a filter and a bridge: filtering noise out of the signal, and bridging the gap between complex research data and the practical decisions healthcare providers must make every day.

III. SCOPE: INCLUSIVITY, INNOVATION, AND COLLABORATION

The scope of Conclusions in Medicine is purposefully broad yet keenly focused on impact. We welcome in-

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vestigations from clinical medicine, public health, and translational research, as well as interdisciplinary studies that connect these domains. Whether it's bench-to-bedside experimentation, epidemiological insights, or health policy analysis, if a study yields clear conclusions that advance understanding or practice, it has a home in this journal. Our pages are open to novel therapeutic discoveries, diagnostic innovations, population health trends, and beyond. A core value of this journal is inclusivity. We are committed to featuring diverse perspectives—from different medical specialties, research methodologies, and global settings. Breakthroughs often happen at the intersection of disciplines, so we encourage collaboration among clinicians, laboratory scientists, data analysts, and even social scientists. Alongside inclusivity, we emphasize innovation: not just in the discoveries themselves, but in how findings are communicated. By promoting concise, cogent conclusions and embracing new formats for presenting data, we hope to push the boundaries of traditional medical publishing. Ultimately, our interdisciplinary and forward-thinking scope ensures that *Conclusions in Medicine* remains relevant and responsive to the needs of modern healthcare.

IV. HIGHLIGHTS FROM THE INAUGURAL ISSUE

The diverse articles in this inaugural issue exemplify our mission and the breadth of our scope. Each contribution distills complex research into a clear conclusion with real-world relevance. In this first issue, you will find:

[1] Automated Brain Tumor Classification Using Swin Transformer – Anna Zahoor et al. showcase the power of artificial intelligence in medicine by using the Swin Transformer model to automatically classify brain tumors from MRI scans with an accuracy of 86.87%. This technological innovation has the potential to augment clinical diagnostics, reducing reliance on manual interpretation and improving early detection of neurological diseases¹. DOI: <https://doi.org/10.71107/kx24gt94>

[2] Opinion Mining of Student Preferences for Online Education – Muhammad Irfan et al. leverage opinion mining and sentiment analysis to evaluate student preferences for online learning platforms in the post-COVID-19 era. This study's insights into learner sentiment can help educators and policymakers enhance digital education strategies, illustrating the interdisciplinary reach of evidence-based conclusions beyond traditional clinical topics². DOI: <https://doi.org/10.71107/kx23gt95>

[3] Morphometric Data on *Oreochromis mossambica* – Muhammad Usman et al. provide foundational

morphometric data on *O. mossambica* (Mozambique tilapia), a fish of both ecological and economic importance. By correlating various growth parameters, their work supports sustainable aquaculture practices and highlights how detailed biological data can inform food security and public health efforts³. DOI: <https://doi.org/10.71107/kx19gt96>

[4] Hypoglycemic Effects of a High-Fiber Vigna radiata Diet – Saima Zaheer et al. explore how a high-fiber diet based on *Vigna radiata* (mung bean) can lower blood glucose levels in hyperglycemic rats. Their results suggest a promising dietary intervention strategy for diabetes management and underscore the importance of nutrition in metabolic health⁴. DOI: <https://doi.org/10.71107/kx31gt90>

[5] Oxidative Stress Biomarkers in COVID-19, Dengue, and Malaria – Saima Zaheer et al. compare markers of oxidative stress across three distinct infectious diseases (COVID-19, dengue fever, and malaria). Their analysis reveals distinct immune-response profiles for each illness, knowledge that could aid differential diagnosis and inform tailored treatment approaches for patients in regions where multiple infections are prevalent⁵. DOI: <https://doi.org/10.71107/kx29gt92>

[6] Therapeutic Potential of *Cestrum diurnum* – Aimen Fatima et al. demonstrate that leaves of the medicinal plant *Cestrum diurnum* possess significant antioxidant and anti-inflammatory properties with minimal hemolytic toxicity. This finding not only validates a traditional remedy but also paves the way for future phytochemical isolation and drug development⁶. DOI: <https://doi.org/10.71107/kx25gt93>

Each of these studies underscores the journal's commitment to turning data into actionable knowledge. They range from laboratory science to population studies, from technological advances to educational research—yet all share a common thread of clear conclusions with practical implications.

V. ENGAGING THE COMMUNITY: A CALL TO ACTION

Conclusions in Medicine is more than a repository of papers—it is a collaborative endeavor. We invite researchers, clinicians, and policymakers to join us in this mission by contributing their most impactful work. In doing so, authors become part of a dialogue that extends beyond publication. We encourage not only the submission of groundbreaking studies, but also the exchange of ideas through letters, commentaries, and respectful debate on the findings published here. Such discourse

enriches the scientific process and ensures that conclusions are examined from multiple perspectives. Crucially, we uphold the highest standards of scientific integrity. Each submission undergoes rigorous peer review aimed not just at vetting methodology, but at sharpening the clarity and relevance of its conclusions. We believe that strong conclusions are the product of robust data and unbiased analysis. By emphasizing ethical research practices, transparency in methods, and openness to scrutiny, the journal strives to set a benchmark for quality. Our hope is that contributors and readers alike will engage deeply with the content, question assumptions, and ultimately apply the insights gained to real-world medical challenges.

VI. VISION FOR THE FUTURE: BRIDGING RESEARCH AND PRACTICE

As we celebrate the launch of this new journal, we also look ahead with optimism and purpose. We envision *Conclusions in Medicine* shaping the very discourse of medicine in the years to come. By consistently publishing work that bridges research and practice, we aim to narrow the gap between what is discovered in the laboratory or clinic and what is implemented at the bedside or in the community. In time, we hope that the conclusions featured in this journal will influence clinical guidelines, inform health policy, and inspire further innovation across disciplines. Our ultimate aspiration is to improve patient outcomes and public health by ensuring that no important insight gets lost in the noise. A well-crafted conclusion can spark a change in a physician's approach, a researcher's next study, or a policymaker's priorities. Thus, we see the conclusion not as an end point, but as a catalyst for progress. Together with our

contributors and readers, let us redefine the end of research not as a static summary, but as the beginning of meaningful impact. We embark on this journey confident that by focusing on the right conclusions, *Conclusions in Medicine* will help drive the future of healthcare forward. Welcome to the first issue of *Conclusions in Medicine*.

DECLARATION OF COMPETING INTEREST

The authors have no conflicts to disclose.

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