

**EDITORIAL:
A NEW MILESTONE FOR *IJPM***

This issue of *IJPM* marks the achievement of a new milestone in the life of the *Journal*. Volume 41(1) is the first issue in the double-volume publication schedule that begins with the 2011 year. The *Journal* now will be published eight times a year instead of four times a year as it has in the past.

The new schedule will offer advantages for both our readers and our authors. First, more issues will mean more opportunities for authors to publish research and scholarly manuscripts at the interface of psychiatry and medicine. Quicker turn-around, a shortened lag between acceptance and publication, and fast online publication as well as in print are just a few of the improvements authors can expect to see. The focus of the *Journal* will continue to be on publishing original research addressing the biopsychosocial, psychological, biomedical, spiritual, and cultural aspects of psychiatric comorbidities in the primary care setting. The emphasis will continue to be on new research, novel findings, and new approaches that encompass the entire globe. The *Journal* will continue to entertain manuscripts from across the world; recent manuscripts have originated in China, Iran, Turkey, France, Brazil, and other countries in addition to the United States and the United Kingdom.

The new double-volume and increased content also offers opportunities for the readers of the *Journal*. With expanded pages, the *Journal* will be launching a new education/research review series, featuring timely and pertinent reviews of important concepts and topics at the interface of psychiatry in medicine. To launch this important new series, we have invited Peter Carek, MD MS to be the guest editor of the first series for 2011. The opening series will cover the following topics, one each issue of the *Journal*, for the next five issues: "Treatment of Anxiety and Depression with Exercise," "Recognition and Treatment of PTSD in Primary Care," "The Role of Anxiety in Hypertension and Cardiovascular Risk," "Minimizing Weight Gain, Diabetes, and the Metabolic Syndrome during

Treatment of Co-morbid Psychiatric Illness in Primary Care,” and “Recognition and Treatment of Depression in Minority Patients.”

Each of these topics will review the research literature to date, offer a summary and conclusions of the current status of the field, offer practical suggestions for clinicians, and recommend directions for future research. The series will enrich and complement the original research content of the *Journal*. In the first installment of the new series, series editor Dr. Carek and colleagues provide an excellent example of the quality and content to be expected in the new feature. The article on the role of exercise in the treatment of depression and anxiety reviews the most important clinical trials to date and offers clinicians and researchers important evidence regarding the effectiveness of a non-pharmacologic approach to treatment for these common conditions.

Thank you, the readers and contributors to the *Journal*, for your support, authorship, and readership over the last 30 years. Your dedication to addressing the important field of psychiatry in medicine, your landmark findings regarding the physiology and biomarkers that are involved in linking behavior and biological disease, your examination of the psychological aspects of primary care, the spiritual aspects of healing, and even the role of humor in recovery, have enriched the medical literature and created a growing domain of medical scientific inquiry. The new doubling of the *Journal's* publication schedule is a celebration of these accomplishments and a growing appreciation of the biopsychosocial context in medicine. May the *Journal* long continue to support the discovery of new knowledge and recognition of the role of biology in psychosocial phenomena in clinical care.

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Guest Editors