



Moving ahead

After entering adulthood following its 18th birthday, RBGG is delighted to bring its readers another edition, the first of this new year. Despite the difficulties we have faced, we remain committed to improving our publication, and are proud to introduce in this edition the journal's first thematic section, which will discuss the use of drugs and the associated risks for the elderly. With the publication of this section, RBGG opens up a new space where readers can enjoy a collection of articles addressing the same central theme, albeit with different perspectives regarding objects of study and research questions.

In addition to this new feature, RBGG is continuing its mission to investigate topics of major importance to Geriatrics and Gerontology. Among these, we would like to highlight articles that deal with clinical outcomes and reveal the relationship between hypertension and diabetes and healthy eating, as well as examining anxiety disorder in patients with chronic pain. The much-discussed subject of falls among the elderly is back on the agenda, as well as the quality of life of elderly persons in a range of life circumstances.

Another topic returning to the discussion table is the self-perception of the elderly about a specific aspect of their lives – in this case, oral health. The same oral health where, according to the last national epidemiological survey, conducted in 2010 and published in 2013 (Brazilian Ministry of Health, 2013), few advances have been observed among the elderly population. How this population perceives their oral health is therefore an extremely relevant issue that requires further exploration to attempt to tackle the problems that permeate the oral health conditions of the elderly.

Following this same logic, frailty in its various nuances once again makes its mark on the pages of RBGG. In an innovative manner, this edition establishes a link between aspects of information and communication technology, in the form of mobile applications, which have truly invaded our lives and can make a major contribution to the lives of those that are growing old and their caregivers. The same caregivers also appear in the pages of this issue in a study aimed at those caring for patients with Parkinson's Disease. Listening to such individuals is essential, especially as the echoes of their voices have not yet travelled far.

Nor in this issue could we avoid discussing tuberculosis, an infectious disease that has reemerged in the pages of journals and magazines. This disease also affects the elderly population, justifying another look at infection among this part of the population.

Concluding this edition is an article that deals with the physical beauty of the elderly, a theme that represents the emergence of a duality and serves as a moment of reflection and learning. We age, yes, whether with or without physical signs, but without losing our essential tenderness. And in this context, I would like to highlight the wise words of the poet Mario Quintana in his poem entitled Envelhecer (“Getting Old”).

Before, all the roads led away.

Now all the roads come back.

The house is welcoming, the books are few.

And I myself prepare tea for the ghosts.
(Free translation)

Aging, in the four verses of the great Quintana, opens a space for what we propose to be, the reflection of who we are today and who, in fact, we will be tomorrow. Old age allows us a feeling of resignation for what the poet leads us to, but also the possibility of re-signifying it. And this is what we hope for!

We hope you enjoy another edition of RBGG and have an excellent year of reading.

Kenio Costa Lima
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