

Editorial

We live in a period marked by the speed of information and the easy access to data, which expands the possibilities for collaboration and the exchange of experiences. However, it also requires methodological rigor, responsibility, and a commitment to truth. At this moment in which science faces such challenges and demands innovative solutions, it is with sincere satisfaction that we present the second issue of the twentieth volume of our Scientific Journal, now indexed in DOAJ, a comprehensive index of various open-access journals from around the world, driven by a growing community and committed to ensuring that quality content is freely available online to everyone.

In this context, this edition brings together case reports, original articles, and reviews that address clinical, epidemiological, and behavioral topics. Among the case reports, we highlight the description of Ewing sarcoma in a pediatric patient, including clinical presentation, diagnosis, and initial treatment, followed by recurrence that required amputation and adjuvant chemotherapy, underscoring the importance of early diagnosis in childhood bone neoplasms. Another report presents an extremely rare case of granular cell tumor in a child, affecting the parotid gland. A third report was an anatomical study that analyzed variations of the brachial plexus and their clinical implications, especially in Thoracic Outlet Syndrome. Concluding the case reports, there is a case of paroxysmal nocturnal hemoglobinuria associated with aplastic anemia, illustrating the diagnostic and therapeutic challenges of this clinical overlap.

As an original article, this issue includes a study on massage therapy in health professionals, showing a reduction in stress and improvement in well-being and work performance.

The reviews addressed methods for controlling *Clostridium botulinum* in foods and the role of physical exercise in the management of rheumatoid arthritis, reinforcing integrated approaches aligned with Lifestyle Medicine.

We reaffirm our commitment to continuing the implementation and consolidation of guidelines aimed at excellence and at aligning the Journal with open science practices, focusing on improving quality and professionalizing editorial processes, strengthening the principles of equity, accessibility, and transparency, expanding social diversity and inclusion in the editorial board, advancing the internationalization of scientific communication, and adopting the continuous publication model, which will come into effect next year.

We express our gratitude to the collaborators who made this edition possible and invite our readers to explore the content, reflect on the challenges presented, and actively participate in the scientific debate.

Congratulations to everyone.

We wish you thoughtful reading and reflection.

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