

Dear Readers,

Greetings and good wishes! We are pleased to bring to you the second IJFM issue of the year 2021, which comes with some really interesting articles.

We start with an article on Development and Formulation of Phytoestrogen-rich Supplement for Women with Polycystic Ovary Syndrome based out of the Department of Clinical Nutrition at Sri Ramachandra Institute, Chennai. The dietary supplements that were developed with underutilized ingredients like fenugreek seeds, flaxseeds, sesame seeds and nicker nuts can provide health benefits to subjects with PCOS such as regulation in menstrual irregularities, reduction in blood glucose level, reduction in blood cholesterol, and reduction in oxidative stress and is an alternative approach to treat PCOS.

A study by Zahra Marashi et al. shows that Cognitive-behavioral Therapy (CBT) is effective in improving the psychological well-being of infertile women. However, the study had some limitations. One was that it was of very short duration and secondly it was not a unblinded study, so neither the researchers nor the women knew which group they were in until the intervention. More such studies with a longer follow-up period is required to assess the impact of CBT in improving the psychological well-being of infertile women.

Dr Rekha Govindaswamy et al. bring us an article on the Role of *TP53* gene polymorphism in Male Infertility. The study found preliminary evidence and demonstrated that the *TP53* gene Arg72 Pro polymorphism contributes significantly to male infertility in the South Indian population.

A case report by Dr Rupali Khurana and Dr Vyshnavi Rao emphasizes the importance of strict monitoring as well as individualization of each stimulation cycle on a case to case basis for achieving the best outcome.

There is again a case report on Otocephaly: Agnathia-Microstomia-Synotia Syndrome by Tanya Kitova and Borislav D Kitov. This is an extremely rare congenital lethal malformation of which only a little bit more than 100 cases have been reported worldwide and only 22 reported cases of prediagnosed otocephaly. The report emphasizes the importance of prenatal diagnosis during pregnancy.

I do hope all of you are staying safe and keeping well. I want to take this opportunity on the occasion of Doctor's Day to appreciate all doctors the world over for the incredible work that all of you are doing. Every one of you has been asked to step up, out of your comfort zone and each one of you has come forward and delivered. These are uncertain times, but we will get through it together! God Bless!

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