

## Editor's Note: Journal of Medical Research and Health Education

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Medical research aims at developing new technologies and drugs for improvement in healthcare resources and facilities. Health education and awareness are also important for effective implementation and application of medical research and review outcomes by practicing communities particularly in developing countries. Journal of Medical Research and Health Education focuses on propagating the contemporary research outcomes and strategies in this field. The current issue deals with matter of appropriate medication for endometriosis, curriculum-based health education as well as relevance of providing childbirth education and counseling to pregnant women in lowering anxiety. Endometriosis is a condition with the presence of endometrium-like tissue outside the uterus leading to chronic inflammatory reaction affecting menstrual cycle. There is no permanent cure for endometriosis and the condition relapses after surgery. Singh and Batra [1] compared the use of different progestins including Dienogest in women not desirous of conception and noted that Dienogest is effective with no androgenic or anti-estrogenic side-effect. However, safety evaluation on long term use of Dienogest has been suggested. Health communication is an important aspect of prevention of disease and promotion of good health. Nkanunye and Obiechina [2], have reviewed health communication strategies and observed that health communication by means of health campaign, new letter/journals, bill board, radio/television and social/internet media helps in lowering unhealthy behavior such as drug addiction, alcohol consumption, cigarette smoking and promotes

maintaining of hygienic environment and safe sex and further suggested that such communication need to be incorporated at all levels of curriculum at health institutions. Low literacy and poor research and communication were however, the major barriers. A woman experiencing an unplanned/secondary caesarean section (SCS) may face stressful event and she may not be confident compared to planned primary caesarean section. Educating a pregnant woman and enhancing her sense of confidence by providing her accurate information would make her feel comfortable, confident during labor and birth. Based on a study comprising of 129 cases, Nijkamp et al. [3] have emphasized childbirth education and counseling, specifically caesarean section for healthy childbirth. The study revealed that an educated and well informed mother may have more positive perception which helps her to avoid anxiety, by providing her psychological benefit. This would help prevent complications as it lowers anxiety and increases sense of control.

### References

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3. Nijkamp M, Oldenbroek A, Dijkstra J, Bakker E (2017) The (Un)informed Patient: A Comparative Study of Anxiety and Sense of Control in Primary and Secondary Caesarean Sections. J Med Res Health Educ 1: 14.