

In my speciality of ENT, tonsillectomies have been vastly reduced, yet a multicentre multi-author paper published in the Lancet recently concluded that compared with conservative management immediate tonsillectomy is clinically effective and cost-efficient in adults with acute recurrent tonsillitis.<sup>2</sup> In contrast, the outbreak of measles is partially linked to the hesitancy in uptake of the MMR vaccine which is abundantly available. There is no single best answer on offer really!

I end with the poem Fire and Ice by Robert Frost.  
Some say the world will end in fire,  
Some say in ice.  
From what I've tasted of desire  
I hold with those who favor fire.

But if it had to perish twice,  
I think I know enough of hate  
To say that for destruction ice  
Is also great  
And would suffice.

THANKS for reading,



Shadaba Ahmed, Editor

## REFERENCES

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# Closing Chapter: Three Years with the Morecambe Bay Medical Journal

Guilherme Movio, BSc (Hons), 5th Year Medical Student



As I reflect on the last three years as the student editor of the Morecambe Bay Medical Journal (MBMJ), a wave of nostalgia and accomplishment washes over me. In this time, I have had the privilege of steering the ship alongside the editor Ms. Shadaba Ahmed, academic, consultant, and mentor. Together we have not only strengthened the journal, but I hope left a mark on the medical community it serves.

The MBMJ, proudly the only fully funded NHS journal, has been a beacon of knowledge and innovation for over 30 years. Published by the University Hospitals of Morecambe Bay, it has been my honour to contribute to its legacy and uphold its strapline: "Spreading Information and gathering interest". The journal acts as a vital academic and research conduit, connecting Lancaster University, primary and secondary care, and various healthcare stakeholders. It plays a pivotal role in supporting and promoting local healthcare, benefiting students, trainees, nurses, doctors, allied healthcare professionals, and healthcare managers in the local community.

One of the highlights of my tenure has been working with Ms. Ahmed, whose unwavering commitment to excellence has been the cornerstone of the journal's success. During my time, I have also been fortunate to delve into a magnitude of projects, publishing a systematic review piece on paediatric tracheostomy and producing a comprehensive 6-part educational series titled "Fast-Bleeped." This educational series, I hope, has served as a valuable resource for healthcare practitioners, offering guidance on approaching acutely unwell patients. All these academic endeavours have taught me the importance of academic rigour, quality and the value of collaboration.

Now, as I take the next step into my postgraduate medical journey at the Essex Cardiothoracic Centre, specialising in cardiac intensive care research, I am filled with excitement and anticipation. However, I am equally aware of the responsibility to carry forward the values instilled in me during my time at the MBMJ. The lessons learned and experiences gained will undoubtedly shape my future projects, influencing how I approach research, education, and collaboration.

Looking ahead, I envision a bright future for the MBMJ, one that involves reaching even greater heights. Having the journal available in PubMed will undoubtedly amplify its reach, making the valuable insights and research accessible to a global audience. Greater dissemination efforts will be key, ensuring that the journal's impact extends far beyond the Morecambe Bay region. Strengthening links with the university further will be crucial for fostering a continuous exchange of knowledge and ideas, nurturing a dynamic environment that encourages innovation and collaboration.

As I take my leave from the editorial team at the Morecambe Bay Medical Journal, I am filled with gratitude for the opportunities it has provided and the incredible team that makes it all possible.