

DEAR READERS OF OUR *JOURNAL OF MEN'S HEALTH* AND TO ALL THOSE INTERESTED IN MEN'S HEALTH!

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First, I wish you a happy and healthy 2018. Second, I would like to share with you the status of our Journal and some of the great achievements of 2017 as well as the goals and plans for 2018 and beyond.

As the official Journal of our International Society of Men's Health, 2017 was the year our Journal underwent substantial changes, including a new owner/partner, the Dougmar Publishing Group, and the restructuring of our editorial board, bringing together experts from all over the world in various specialties related to men's health. Most significantly, our Journal converted from subscription to open access, making it the first and only open access journal dedicated to men's health. This brought with it the great benefit of open access publishing – authors are able to share their full works with an unlimited number of readers from all around the world.

In 2017 we were fortunate to have a number of papers reporting on original research on diverse subjects in men's health. While we appreciate all submitted papers and thank all authors, I would like to take this opportunity to highlight some specific submissions.

An original paper from Canada on “Development and Case-Control Validation of the Canadian Men's Health Foundation's Self Risk Assessment Tool” reported on the first comprehensive men's health self-risk assessment tool for 7 important diseases. This met the public health objectives of “You Check,” in empowering men to improve their health.

Another paper of high interest came from Germany on “Sexual Health of Men in Germany – The Third Men's Health Report.” This submission reported on the state of men's health, drawing attention to areas of needed health improvement.

We also received an outstanding submission called “What is Men's Health? A Definition.” This provided guidance and a path toward a universally agreed definition of men's health. This definition can help form a basis for further research and practice to improve men's health.

An excellent paper from Saudi Arabia was submitted on “The Current Issues on Osteoporosis among Male Saudi Arabians” and highlighted the importance of attention to bone health in men, especially osteoporosis in aging men.

From South Korea, we had an excellent submission on male aging, "Gender Differences in Body Composition, Physical Activity Level, Physical Fitness, and Bone Mineral Density among Elderly Individuals Living Alone Compared to Those Living with Their Spouses." This submission reported that elderly individuals who lived alone and had lower physical activity levels, strength, and bone mineral density (BMD) as well as higher percentage body fat. An exercise and physical activity program for elderly individual who live alone should be developed to improve percent body fat, strength, and BMD.

Going forward into 2018, our goals are to increase the number articles submitted and published while

keeping up the quality of papers. I urge all my friends and colleagues from around the globe and everyone interested in men's health to support our Journal by submitting papers. In addition, I ask you to spread the word about our Journal to all your colleagues and reach out to groups and societies that might also be interested in our Journal. We stand a great chance to improve our rating and ranking and grow our Journal to be your voice and the global voice of men's health.

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