Surgery fruits the roots

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Accepted: 11 February 2021
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Dear reader,

here we go, welcome to this issue of *European Surgery*. This spectrum of papers and works includes melodies reflecting on the current mood and tune of the world, suggesting on the present atmosphere, sound and current of the earth, as it is and as it develops in the minds of the human beings. The songs contribute to the ideas of the web based PUB MED arena, that we have to ask ourselves: how may diseases develop, evolve and count. Therefore you may read about the impact of the current understanding and interpretation of the facts and matters and how these attitudes affect the daily life of general surgery, surgical teaching and education and wellbeing. In addition authors elucidate novel approaches to the surgical treatment of ventral hernia repair in many and liver resection in the elderly patients. Finally a group of physicians aims to question in as much patient education my foster a better understanding of disease management, diagnosis, therapy and follow up. Taken together, this issue of *European Surgery* aims to foster unity, support and strength. Going in line with our recent editorials this is to point out: feel free to skip the rest of the editorial. If not, then open yourself, what may be of fundamental relevance and importance for you. Why? Because it is all about you. Irrespective who you are (doctor, physician), where you are (office, outpatient service, in the OR, at home, in your bedroom ± colleagues, friends, wife, husband, kids, pets etc.) and what you do (love, hate, eat, drink, think, abandon, fake, chew, twitter, google or bitter): it is all about you.

Due to the understanding that most individuals do not only lack money, it all becomes and gets clear, that the majority of the readers of scientific journals lack attention, love, respect and time for themselves. Medicine and private life provokes duties and these duties keep you busy and stop you from caring about yourself. Body counts emotions and thus you may feel it before you know it, you feel it before you come to know it. And then it happens and appears in the form of various forms of diagnosis. Syndroms cover the heat. As such we read that you may be open for various forms of psychosomatic tragedies: eating disorders of all kinds may evolve such as eating too much, too often and too much concentrated sugar containing foods and beverages; you may belong to those who vomit what they cook, vomit what they bought, vomit and spit out, what seems to keep them from hiding; others express themselves using painkiller-dependence inducing signs and symptoms and symptoms and signs around the body, globe, nations and crowds. Much has been told, nothing has been heard, much has been written, nothing has been red. Therefore let us get together and form the platform for ideas which may foster wellbeing, health and happiness. Why not? Let us give it a try?

In the recent issues of *European Surgery* we considered how our ancestors knew how to read and translate the messages from the skies and how they used these valuable informations for individual and collective orientation. Stories kept these data and were given from generation to generation over many thousands of years. In addition novel inventions helped us to more effectively ride and tide the globe and to disconnect us from the nature of the skies and from the values regarding our own nature. As such we gain immense amount of knowledge, getting bigger and larger every day, growing faster and faster every day, what remains is the question: how could we balance

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out to keep up with the paste and taste of time? How would we manage to organise and arrange this huge amount of information without losing the trails and tunes towards our own nature? Using google we learn that nature exists and that the term “nature” may indicate a journal, the continents, the earth, the world, the universe, the galaxies, the remote and never ending remote horizons of our model spacetime curving tune temper of emotions. Furthermore, this conduct of reasoning easy translates into the beautiful equations describing the micro and macro cosmos of the universe. Well taken! But does it allow us to understand? Where does understanding begin? Where does it start? Within the temper of the mood of our current stream of emotion and actual atmosphere?

Currently the world stages an highly valuable and interesting orchestration of distinct phenomena. Conceptually, we face what happens if a little, tiny, reproducible piece of nature interacts with the inventions of another piece of nature (man). What we see allows diagnosis, therapy and follow up. In addition to that, a huge spectrum of stories evolve, get multiplied by the mass media and interact with each other to dramatically and significantly foster insecurity, anxiety, fear and desperate storm of thunder. Therefore we should step back for a moment and allow a short period of quiet place, a brief episode of pause and quiet reasoning. Usually we are continuously reacting to the major and continuous and permanent inflow of information. We are not allowed to take it to the ground and the essence of its qualities and characteristics, we are only allowed to conduct a superficial conduct of reasoning. We get evidence based information. However, we lack essence based understanding. As such we are somehow lost without orientation and this is what we can feel, and see and what makes surgery, teaching and education so difficult today. Mutations count.

Due to the current infectious waves, science multiplied by the achievements of the google based global web, we face a cocktail mix of information, data, believe, suggestions, theories and vague considerations, which foster lack of security and stability affecting all dimensions of our civilisation. The health care consequences of the wave stress our social, economical, philosophical, ethical and moral models of communication (speech, language, expression). Furthermore, medicine aims to zoom towards novel ways of teaching and education. Theory may be easily transmitted via web based technologies, but what about skills and practice? As demonstrated by papers published in the present issue of *European Surgery*, current developments impair the case load for teaching and education in surgery. In addition, telemedicine consultation gets highly important and effective, which in turn demon-

strated the advantages and possibilities of our modern technologies. Sun shines, if we remove the clouds. What remains is the question: what else can we do? Is there something we can add, until vaccination may work, until the wave is fully counterbalanced by a well orchestrated global invention?

Let us talk about immunity. Let us talk about: what increases the power and strength and durability and resistance of our immune system? Oncology, internal medicine and physiology teach: life style measures may indeed improve the resistance of our immune system. As such sports, gym, healthy nutrition (avoid food and beverages positive for concentrated sugar), avoidance of alcohol, drugs and nicotine foster health and wellbeing and increase the resistance of our immune system. Why not telling the people, that this may work? In contrast it seems, that the opposite is motivated by the stories told: people are not allowed to go to the gym, there is no motivation to reduce or completely stop the consumption of nicotine, alcohol, food and beverages containing concentrated sugar. Here we simply ask: why is that so? May other than health related interests motivate such a conduct of reasoning? May other than health oriented strategies support such a way of approaching the current infectious wave? As such we could argue: let us inform our patients and tell them how to improve the immune resistance, including vitamin, supplement administration therapies (Vitamin D, C; L-Lysin etc.). Going in line with the above considerations we will have to dig out of the anxiety—driven circuit of global information. Diagnosis teaches: let us treat the cause. Soon come effective vaccination, soon come better, fruitful understanding, now come healthy life style (see above). Think about it and give it a try. Surgery fruits the root.

Thanks for having read those lines. Thanks for having shared those ideas. Due to the current developments you may be short of time, you may be even out of time, thus I will end this editorial. Let me end up with the notion: you are important, you are unique, but you should not forget about your finite future, therefore start it now: live humility and stay away from greed, envy and hate, before it is too late, let your sun shine, stay tuned.

Sincerely yours,

Martin Riegler.

Conflict of interest M. Riegler declares that he/she has no competing interests.

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