

Editorial

Dear Reader

The evenings draw in as does this year; annus horribilis. We hope for 2021 to be annus mirabilis; particularly as the much awaited vaccine for SARS-CV19 will be available imminently. The vaccine is regarded by some as the atonement for mankind's love of Planet Earth; in my opinion the national lockdown was enough redress. Alongside the good news of a vaccine; is the news of a new President of USA, space tourism has taken off, Tesla's new Roadster is unveiled and Strictly Come Dancing is well underway; nothing can really dampen the restless spirit of woman/man. But each one of us will reminiscence upon this unprecedented past period for a different reason and unique manner.

The General Medical Council has produced a new seven point guidance for consent; the royal colleges remain concerned regarding waiting times; the pharmaceutical companies vie for attention with their vaccine results; women in surgery and management continue to remain a low percentage in recent surveys; dentistry and training are in a bigger quandary than the rest of us. The NHS with all its shortcomings, challenges and unpredictable demands has survived its biggest test yet since inception. Even if the CV19 test is not as reliable as we would like, even if Track and Trace is perhaps a debacle and working from home painfully isolating – we have survived. Covid, an alien androgynous virus, could be overcome by the global totis viribus of scientific guidance. So though we are sad for those that suffer and those that we have lost; we have a sense of satisfaction that somehow we all pulled through. We were all in it together; we looked after each other and we will rejoice together in the coming years. The next major challenge to achieve is a greener NHS. As a national service we have ten years to become a net zero organization. Somehow a sustainable healthcare system has to be developed within the socioeconomic envelope provided by the Government. I have recently learnt of the existence of *The Centre for Sustainable Healthcare*. Its role is to advise the NHS on low carbon alternatives and lean systems. Extremely interesting and fascinating how the NHS will achieve a net zero target.

This issue of MBMJ, as always, is due to the many author contributions; the assiduous peer reviews; the attentive proof reading by Joanne and the excellent production by Bryan Harper. However, as the astute will notice, Mr B Rhodes has provided exceptionally interesting and relevant articles, he has also secured the images on the front cover. His article on Smallpox was not completely altruistic, as writing it helped him to pass his exam! Congratulations are in order for an enviable achievement. The book "Anne, Faith and Hope" by our very own retired Professor of Oncology, has been reviewed and recommended by Mr Dyer. Also included in this issue is an update on current university life and three case reports. The article from my maxillofacial colleague is testament to skillful surgery and undeterred passion for perfection with or without Covid.

I sincerely hope that the MBMJ will continue to attract submissions from all aspects of Healthcare, Veterinary Science and Primary Care amongst others. My plea for Editorial Board members specifically from Cumbria did produce some response, but I remain keen for further interest. I am also seeking a patient representative for the Board. Speaking of the Board; for its members it continues to be a revolving door subject to the demands of life! The current changes are reflected in the inside cover. We now have retired GP Dr A Gallagher as ambassador of LAMMS (Lancaster and Morecambe Medical Society).

The MBMJ team and I wish all our lovely readers good health, a safe festive period, long awaited family reunions and a 2021 devoid of any pathogen (mink or otherwise).

THANKS for reading,



Shadaba Ahmed, Editor



Through the Locking Glass

Book Review by Bryan Rhodes

The images featured on the front cover of this edition were created recently by Geoff Beattie, an Ulverston based photographer and digital artist. Geoff is also an adult social care worker and was inspired by Tom Croft's NHS portraits during the pandemic to create his own series of evocative images of NHS workers.

Geoff's NHS portraits are also featured in the new book 'Through the Locking Glass', compiled by David Felton and published by a Cumbrian publisher as part

of the 'Inspired by Lakeland' series. The book gives an insight into the way that Cumbrian artists responded to the 'Lockdown'. The book features new artwork and poetry produced by 80 Cumbrian artists including a varied selection of paintings, cartoons, photography, textiles and mixed media. One of the selected artists is retired Consultant Dermatologist, Vicky Yates, who specialises in ceramic sculptures.

All profits from the book are donated to Cumbrian NHS Trusts and three Cumbrian arts organisations. Available through: www.inspiredbylakeland.co.uk
Acknowledgement: Special thanks to Geoff Beattie: www.geoffbeattie.co.uk