

Dear Reader,

Following the success of the first four editions of the *Trinity Student Medical Journal* (TSMJ), I am pleased to introduce our latest effort, volume five. The TSMJ is written, edited and prepared by medical students at Trinity College to provide a forum for discussion and presentation of research and personal experience. In addition to publishing the work of medical students, this is the third year that we have accepted submissions from other students within the Health Sciences and Biomedical faculties at Trinity.



I am excited to present our *feature section* topic this year, which is "*the promotion of exercise for the prevention, treatment and/or management of disease.*" Coming from a background in exercise physiology, I am thrilled that we are able to get the message out to future health care providers that the promotion of exercise is a practical measure that can be taken to help prevent and manage many health problems including obesity, diabetes, heart disease and osteoporosis. We are delighted to have Professor John Nolan (Diabetes and Endocrinology) and Mary Davis (CEO 2003 Special Olympics) speak about this topic at the TSMJ conference in April and I would like to thank them for their participation.

Many Trinity medical students can remember back to anatomy lectures with Professor O'Brien when she stressed the importance of living a balanced life and taking part in sport and other extra-curricular activities. The TSMJ committee founded a scholarship three years ago to award a medical student who excels in such activities. We are pleased to announce that this year we have been able to continue this tradition with the generous financial support of the St. James's Hospital Medical Board Fund whom we wish to thank.

There are many people to acknowledge for the success of this publication. Firstly, I would like to thank all of the students who submitted their articles, helping to continue the TSMJ tradition. Secondly, my sincere gratitude goes out to Des, Jenny, Mike, Jay, Sarah, Matt, Ross, Ann, Aoife, Dave, Rebecca, Elaine, Jarushka, Audrey, Conor and John who made up the 2004 TSMJ committee. Thank you all so much for your dedication and hard work, it was very much appreciated! This is *your* journal and you should be very proud of it! I would also like to thank Heather Church and Ciara McLaughlin, from last year's committee. Des and I appreciate your advice and continued devotion to the TSMJ. You've been a tough act to follow, ladies!

It would be impossible to produce such a high quality journal without the financial assistance of our dedicated patrons and sponsors. I would like to thank Air Products Ireland, Bank of Ireland, Leo Laboratories, Medical Protection Society, Servier Laboratories, TCD Medical Alumni and the many patrons who have supported the 2004 Journal. It was a difficult task to acquire funding this year, and we are extremely grateful for the backing from these companies and individuals.

I would like to thank Professor Moira O'Brien and Professor Con Feighery for your encouragement and advice. We are extremely grateful for your involvement with the TSMJ as faculty advisors for the past five years. Where would we be without out your help? On a final note, I would like to thank Dean Derry Shanley for your enthusiasm and continued support of the TSMJ.

Brenda Rice, M.Sc.
Director – TSMJ 2004