
EDITORIAL

"Myanmar Health Sciences Research Journal (MHSRJ)" is now approaching its 30th year, as the first issue of the journal was released in April, 1989. It is published by the Department of Medical Research, Ministry of Health and Sports. Nearly 900 articles on various research areas have been published within 30 years of the Journal serving as an important medium for the dissemination of original research works in the field of medical science and health research.

In celebration of the 30th anniversary of MHSRJ, a special issue has been released in June 2018. This special issue included the commentaries encompassing a wide scope of major research disciplines from leaders and pioneers of medical research in Myanmar. In this publication, invaluable information was shared to the audience of the Journal covering their indispensable experiences and opinions on medical research as well as the milestones of major research areas on common health threats in our country. Furthermore, 20 previously published original research articles that showed a high academic contribution in their respective fields, were selected and re-printed in this special issue.

In this Volume 30, Number 2 issue, we are delighted to publish an important finding on detection of heavy metal on rice samples in Myanmar. The article, "Quantification of Heavy Metals in White Rice and Brown Rice from Thapaung Township" highlighted that nearly all rice samples contained lead (Pb). Fortunately, the paper mentioned that arsenic, one of the highly toxic metal, was not detected in all rice samples collected in this study. This study had alerted the readers to be aware of the importance of the presence of heavy metal in our daily consumed rice in Myanmar.

Moreover, a variety of recent research findings are also published in this issue. A total of 15 articles comprising of 12 original research articles and 3 short reports that cover the communicable diseases such as malaria and Human Respiratory Syncytial Virus as well as non-communicable

diseases including diabetes, lung cancer, obesity, inheritance disease, cardiovascular disease and ageing are covered. Furthermore, research findings on herbal medicine and laboratory animal are also included in the current issue.

In our MHSRJ, original research articles, review articles, short reports and correspondences in the field of biomedical and health sciences have been published three times a year after thorough screening of anti-plagiarism and double blind peer-review. Moreover, submission, reviewing and editorial works are being processed online at <http://www.myanmarhsrj.com> and previous issues can be assessed online easily, free of charge. We would like to invite all researchers again to submit your important research findings in our Journal and we would appreciate your academic contribution not only to our Journal but also to the scientific community in Myanmar.