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Letter from the Editor

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Letter from the Editor

Hello to all readers of the *Michigan Journal of Public Health*!

Please accept my apologies for the hiatus in publication, this is entirely my fault. The last 20 months have been spent in a long recovery from a traumatic brain injury, the fifth concussive event I had suffered over the course of the last 30 years.

This issue is quite large compared to the past and quite diverse and rich in its content. The submissions received over the last 21 months have been of exceedingly high quality and the topics an excellent representation of the richness of the field of public health inquiry. Enjoy this issue of *MJPH*!

Finally, I would like to take this moment to raise awareness of the effects of brain injuries, multiple brain injuries (or concussive events) the unique symptoms and barriers of those suffering from traumatic brain injuries (TBIs), and especially, the latest treatment regimens now fielded that permit many of those who have suffered a TBI to reach full recovery.

Patient Zero for the most recent TBI treatment regimens, Clark Elliott, PhD, authored a book on his experiences, *The Ghost in My Brain*. If you know anyone who has suffered a TBI or multiple concussive events, I cannot recommend this book with high enough praise. You will come to understand the strange world that TBI sufferers enter, the feelings of no longer being human, trying hide that loss of humanity while trying to understand and navigate the alien world within which the TBI survivor is placed.

The story is ultimately uplifting because after 8 years of seeking treatment and repeatedly being told by healthcare professionals that it was 'too late for him' to recover, he found two separate specialists that together had been designing the treatment that led to his full recovery.

If you have struggled to understand a friend or loved one who has suffered a TBI, or you have suffered a TBI, I strongly recommend you obtain a copy of this book. If you want to read a strange tale of the wonders of the human brain, the oddities that can befall our brains and the human brain's stunning abilities for self repair, you would also find this an engaging read.

It is indeed good to be back and engaged in the public health community in Michigan. I missed you all.

