

Editorial

This new edition of the Mexican Bioethics Review ICSa brings together academic contributions that, from diverse disciplinary perspectives, address some of the most pressing bioethical challenges of our time, placing human dignity, equity in access to health, and ethical responsibility at the heart of clinical and social practice.

The article *“Prevention of childhood obesity from a bioethical perspective”* analyzes recent evidence on preventive interventions and discusses their implications under the principles of beneficence, non-maleficence, autonomy, and justice, emphasizing the need for sustainable, multidisciplinary strategies that avoid stigmatization and actively involve caregivers. In *“The impact of support networks on the quality of life of a 47-year-old woman with Down syndrome during her aging process”*, the authors offer a sensitive look at a population group largely overlooked in healthy aging approaches, highlighting the role of family ties and the need to strengthen broader networks of support.

The article *“Distraction during medical procedures: From a psychological strategy to a bioethical necessity”* reflects on pain and anxiety management, arguing that distraction techniques embody a bioethical commitment to humanized care that prevents avoidable harm and recognizes the patient as an active agent. *“Combined use of medicinal plants and conventional medicines”* examines a deeply rooted cultural practice in Mexico in the context of hypertension and type 2 diabetes, underscoring the tension between cultural autonomy and the duty of non-maleficence, and calling for safe, culturally sensitive guidance from healthcare professionals.

Finally, *“Benefits and Barriers of the use of technology in older people: the ethical importance of the digital divide”* invites us to understand digital exclusion not only as a technical inequality, but as an ethical concern linked to dignity, autonomy, and distributive justice, framing digital literacy as an ethical commitment toward active and inclusive aging.

Together, these works share a common concern for the dignity of the person, equity in access to health, and the ethical responsibility of all the actors involved in care. We express our deepest gratitude to the authors who have entrusted this journal with their research, strengthening the bioethical dialogue in our country.

"Anor, Orden y Progreso".

Dr. José Antonio Hernández Vera.
Director of the Institute of Health Sciences