

Editorial

**Planning, a fundamental process for success
Planificar, un proceso fundamental para el éxito**

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Planning is the fundamental process of defining the sequential steps necessary to achieve an important goal. This action allows us to anticipate possible problems, giving us the time needed to solve them or, in its case, to rethink our actions, thus avoiding setbacks that could divert our path to success.¹ Within the Guiding Program for Research, Development, and Innovation of the Institutional Development Plan 2024-2029 of the Universidad Autónoma del Estado de Hidalgo (UAEH), research strengthening is the fundamental axis for institutional development.² The program aims to facilitate the transfer or translation of the research results in basic and applied sciences into public policies that benefit the local, national, and international community. A series of strategies are suggested involving the active participation of the students and research faculty of the UAEH to achieve this. Among these strategies stands out the protection of industrial property and copyright of the research results carried out in our Institution. Likewise, the Guiding Program for Research, Development, and Innovation of our University considers various quality indicators to evaluate its research progress, among which the number of articles published by researchers in scientific journals indexed in prestigious databases such as SCOPUS and WEB of Science stand out. Publishing in high-impact scientific journals is necessary to disseminate the knowledge generated at the University and for the Institution and its researchers' international recognition. In this sense, the UAEH has implemented strategies to strengthen scientific production and the visibility of its research at the global level, thus contributing to the economic progress of society. As mentioned above, science and technology at the service of economic and social progress is the essential pillar for the advancement of knowledge and the community's improvement.

A scientific journal is a periodic publication that includes original scientific articles, literature reviews, case studies, and other relevant scientific contributions within a specific field of knowledge. These publications serve as a means of communication between researchers and the public for whom the journal is intended. Aiming to consolidate the international presence and promote the worldwide recognition of the research and researchers of the UAEH, twenty-seven scientific journals and bulletins have been registered and published at the University. The School of Medical Sciences (SMS) of the UAEH is an outstanding example of commitment to research and dissemination of knowledge, as it has four scientific journals, among which the Mexican Journal of Medical Research (MJMR) stands out. On this occasion, this journal publishes its 24th issue with 13 manuscripts, of which 3 are original manuscripts and 10 narrative review manuscripts. Since 2013, MJMR has been an open-access reference for the academic field of medicine of the SMS of the UAEH, which is published biannually in January and July and has 24 issues in its annals. The main objective of this journal is to disseminate the latest advances in experimental, clinical, and epidemiological research in human health. The journal covers a wide range of different disciplines such as general medicine, dentistry, psychology, nutrition, and pharmacy, among others. The journal provides its readers free access to up-to-date, high-quality information on advances in various areas of human health knowledge.

In line with our commitment to the dissemination of scientific knowledge and with the help of MJMR, we invite you, dear reader, not only to explore the current issue but also to immerse yourself in the other 23 issues that preceded it, in the same way, it extends, I present to researchers and students in the health field to send their manuscripts to this journal for possible publication, thus giving them a voice that contributes to knowledge and progress for society.

References

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