



Editorial

Alerta at the forefront of public health, with scientific quality in systematic reviews and rigorous articles

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Alerta is establishing itself as an essential platform for the dissemination of health knowledge, taking on an important role in the face of the silent epidemics of our time: noncommunicable diseases (NCDs) and obesity. Its commitment to publishing a variety of research-related formats is not just an editorial statement, but an imperative for evidence-based public health.

The inclusion of case reports and original articles on NCDs is of vital importance. These formats are at the forefront of research, providing direct and detailed empirical data on etiology, atypical clinical manifestations, or the effectiveness of initial interventions in specific settings.

Two case reports addressing important topics stand out: "Toxic epidermal necrolysis associated with the use of lamotrigine and valproic acid" and "Inappropriate antidiuresis syndrome secondary to parasellar aneurysm subarachnoid hemorrhage."

In the complex landscape of obesity, for example, an original article can shed light on rare genetic or environmental interactions that escape large clinical trials. These articles establish the country-specific epidemiological and intervention database. Today we celebrate the clear proposal of topics in original articles such as: "Effect of dietary patterns on overweight and obesity in Uruguayan children aged 24 to 47 months," "Sociodemographic and gynecobstetric factors associated with exclusive breastfeeding in El Salvador," "Development and optimization of predictive machine learning models for patients with chronic kidney disease," and "The use of drains and delayed closure of the operative wound in children with complicated appendicitis."

In the era of Big Data, Alerta's openness to using machine learning in predictive models for chronic diseases, such as kidney disease, is essential. Machine learning can not only process vast amounts of clinical, genomic, and lifestyle information, but also has the ability to uncover hidden patterns and complex correlations. The publication of these models provides healthcare systems with proactive tools, enabling the early identification of high-risk individuals. This ability to make early predictions is transforming medicine, shifting the focus from reactive to preventive and personalized care, optimizing resources, and improving prognoses.

Finally, the significance of narrative review articles on different topics, as well as the impact of systematic reviews and meta-analyses, cannot be underestimated. While narrative review articles published today offer a comprehensive and educational overview of the state of the art in a topic that is essential for the training and rapid updating of clinicians, systematic reviews and, even more so, meta-analyses, which are at the top of the evidence pyramid, synthesize the results of multiple primary studies, increasing statistical power and reducing bias. It is good to see an increase in systematic reviews, especially on such an important topic as "Efficacy and safety of tranexamic acid versus placebo for preventing postpartum hemorrhage after cesarean section," which is the leading cause of maternal mortality worldwide.

In our country, it has been one of the top three causes in the last five years. The solid evidence they provide is the cornerstone for public health decision-making, the development of clinical guidelines, and



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the justification of health policies. A journal like ours, which authentically represents the motto of the National Institute of Health and prioritizes this type of research, contributes directly to making interventions effective, safe, and efficient.

Alerta's editorial strategy, covering from the most basic evidence to the most rigorous

synthesis, and integrating new predictive technologies, positions it as an indispensable catalyst for generating applicable knowledge, strengthening evidence-based clinical practice, and, ultimately, but most importantly, positively impacting the health of the Salvadoran population and positioning itself with prestige at the international level.