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EDITOR'S NOTE

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I am pleased to introduce the first issue of the Journal of Current Clinical Care for 2021!

Dr. Zainab Abdurrahman presents *Common Myths about mRNA COVID-19 Vaccine*. There are many concerns the general population has regarding the new mRNA vaccines that have been produced and are now being distributed in countries around the world to help curb the spread of COVID-19. This review helps to debunk the myths around some of the more common concerns.

Frailty is a state of increased vulnerability. In their article, *Frailty in Adult Spine Surgery—A Clinical Update*, **Drs. Eryck Moskven and Raphaële Charest-Morin** review the definitions and applicability of frailty tools and discuss the impact of frailty in patients with spinal disease. Frailty is a significant risk factor for postoperative adverse-events, prolonged post-operative length of stay, adverse discharge disposition, and mortality following spine surgery. Cumulative deficit measures such as the mFI are appropriate risk stratification tools, while phenotypic measures are sensitive to capturing the relationship between spine disease and spine surgery on the frailty trajectory. Frailty in patients with spinal disorders is predictive of postoperative adverse outcomes. The role of spine surgery to reverse frailty requires investigation.

Dr. Marina Abdel Malak offers an interesting article on *The COVID-19 Vaccine: Communicating with Patients*. The COVID-19 pandemic has challenged providers and patients in several ways. The news of a vaccine has sparked both hope and doubt among our communities. Healthcare providers are in optimal positions to educate patients about the COVID-19 vaccine, and to dispel myths. This article aims to provide quick facts about the vaccine, tips to navigate around vaccine hesitancy, and resources to share with patients.

Dr. Michael Gordon, Emeritus Professor of Medicine from the University of Toronto offers a unique medical narrative *Air Force Sagas* that recounts his experiences in the Israeli Air Force and his time training to become a flight surgeon.

I hope you enjoy this latest edition. Please consider commenting or submitting an article of your own.