Happy 2016! This New Year edition of Psychiatric Annals features child and adolescent psychiatry in a valuable series of articles, guest edited by Dr. Muhammad Waqar Azeem. The articles cover several of the most important childhood disorders.

This first article, “Attention Deficit/Hyperactivity Disorder: An Overview,” by Dr. Dorothy E. Stubbe discusses the pathophysiology of the disorder, and treatment strategies ranging from medications to psychosocial and psychotherapeutic management. Next, Drs. Louis Kazaglis, Helena Molero, Azeem, and Imran S. Khawaja present a wonderful article called “Overview and Management of Common Sleep Disorders in Children: A Review for Psychiatrists.” Marina A. Zhukova and Drs. Sergey A. Kornilov and Elena L. Grigorenko then address the complex taxonomies of pediatric speech and language disorders across the Diagnostic and Statistical Manual of Mental Disorders (DSM) and the International Statistical Classification of Diseases and Related Health Problems. After that article, Drs. Salma Malik and Azeem focus on “Psychopharmacogenetics in Pediatric Psychiatry with a Focus on Cytochrome P450 Testing,” which illustrates psychiatry’s first step into personalized medicine by pointing out that various states of cytochrome P450 enzymes result in rapid, slow, or normal metabolism. Lastly, Drs. Azeem, Nazish Imran, and Khawaja provide an update on autism spectrum disorder. They review the latest DSM-5 (5th edition) classifications, the recent increase in diagnosis (1 in 68 children), and they also provide a clinical picture about the various treatment approaches to this disorder.

I must end by observing the passing of another year and the beginning of a new one. It is time for me to review how I spent the past year and to decide how I want to spend my precious time in the new one. Balancing the proportion of time that I devote to studying more effective treatments (like pramipexole) for treatment-resistant mood disorders and how much I spend writing fiction (I’m writing a sequel to my first novel, Living Forever), an activity that has allowed me to discover new aspects of myself, continues to be a struggle. Like Jeremy in the Yellow Submarine (an animated movie), “there is so much to do and so little time.” Time becomes more valuable as I age—and there is so much I would like to be able to do. Wishing everyone a meaningful 2016. Cheers!

REFERENCES

1. Fawcett J. Living Forever. iUniverse (online self-publisher); 2013.