Editorial

The spectrum of current evidence: from clinical uniqueness to algorithmic precision

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Contemporary medicine is undergoing a fascinating transition. While big data technologies allow us to predict population behaviors, daily practice continues to confront us with the uniqueness of individuals. This issue of Alerta captures precisely that duality, offering an overview that ranges from the analysis of atypical clinical cases to the application of artificial intelligence in mental health.

The complexity of differential diagnosis is highlighted in the case report section, reminding us that medicine remains, in essence, an exercise in meticulous observation. The report on persistent headache secondary to a giant Thornwaldt cyst underscores the importance of considering rare anatomical etiologies in common clinical presentations. On the other hand, the presentation of a case of Holmes' tremor in the context of multiple sclerosis offers a valuable opportunity to discuss the motor complications of demyelinating diseases, whose complex pathophysiology challenges our most frequent therapeutic interventions.

Likewise, methodological innovation is one of the pillars of this edition. The original article on depression and its associated factors highlights the integration of machine learning models to identify patterns that traditional statistical models often overlook. In a world where mental health is an urgent public health frontier, the use of algorithms to predict risks enables more proactive and personalized medicine.

Surgical developments are highlighted as an important strategy in the metabolic approach. This narrative review provides an in-depth analysis of bariatric surgery as a contributing treatment for type 2 diabetes *mellitus*.

This text transcends the traditional view of the procedure, positioning it as a true metabolic intervention capable of inducing disease remission by modulating the entero-insular axis and improving insulin sensitivity. Together with the review on cardiovascular surgery, these articles underscore the need to integrate surgical staging not as a last resort, but as a powerful therapeutic tool to modify the natural history of chronic diseases efficiently.

The introduction of topics related to palliative care and the ethical-legal framework comprehensively complements this highly complex vision. The brief communications bring us back to the fundamentals: rigor in newborn care and humanization through palliative care. Finally, our letter to the editor section reflects the critical spirit of our readers, addressing topics ranging from ethnomedicine to the transcendental challenges of health law, and serves as a reminder that clinical science must always be framed within a robust legal and ethical structure.

We invite our readers to explore these pages as a motivation for multidisciplinary debate. At the intersection of rare cysts, predictive algorithms, and metabolic surgery, the future of health in our country and in the Central American region is being built.