

EDITORIAL BY THE EDITOR-IN-CHIEF

Dear Readers

In the current issue of the journal, I particularly recommend the article by Edyta Tulewicz-Marti, MD, PhD, and Aleksandra Pechcińska, MD, on the guidelines for oncological surveillance in patients with inflammatory bowel diseases (IBD). It has been well-documented that patients with IBD are at a higher risk of developing colorectal cancer. Unfortunately, relying on so-called 'intuitive' oncological surveillance in this patient group can lead to delayed cancer detection and should no longer be considered acceptable in modern medical practice. Specific recommendations are in place, which the authors have meticulously compiled based on the latest ECCO guidelines. Given the rising prevalence of IBD, staying updated on this topic is essential for all healthcare professionals. It is also important to remember that patients with Crohn's disease and lesions affecting the anal and perianal regions are at risk of anal cancer, as inflammatory changes can mask malignancies and create a false sense of security.

Closely related to this topic is the article by Prof. Radziław Trzciński and Prof. Jacek Śmigieński, which explores the diagnostic pitfalls associated with anal cancer. I firmly believe that each single case report can provide valuable lessons, helping physicians avoid diagnostic errors and ensuring that cancer is not overlooked. I particularly recommend this study to young surgeons beginning their journey in proctology.

The treatment of colorectal patients, particularly those with cancer, has evolved into a holistic approach that extends beyond surgery to include prehabilitation – preoperative preparation – as well as postoperative care. In most cases, it is also an interdisciplinary process, incorporating chemotherapy or radiotherapy. Also, the critical role of preoperative nutritional status is now well-established. A comprehensive review by Filip Biernacki, MSc, and Prof. Jacek Sobocki explores this topic in detail. Their article provides concise, up-to-date guidelines on this topic, which are essential to revisit, particularly when performing complex colorectal procedures.

Lastly, I invite you to explore a seemingly 'lighter' yet highly relevant topic: the impact of specific sports disciplines on the development or exacerbation of proctological complaints. This issue is becoming increasingly significant, as proctological patients are now more frequently seeking guidance from their physicians regarding sports activity. This concern is particularly common among young patients who regularly participate in sports and require specific guidance following proctological surgery. I have prepared a structured overview of recommendations on this topic, organised according to individual disease entities.



Wishing you an interesting and insightful read
Editor-in-Chief Professor Małgorzata Kołodziejczak, MD