Dear Readers,

we are pleased to present to you the 30th anniversary volume of the Polish Annals of Medicine (Pol Ann Med) journal. The first volume of Pol Ann Med was published in 1993 thanks to efforts of its creator and first Editor-in-Chief dr. Władysław Lipecki. Due to his enormous commitment, Dr. Lipeci published 14 volumes of the journal, and after his death in 2008, the continuation of his visionary work was entrusted to prof. Ireneusz M. Kowalski, MD, PhD. At that time, with the consent of the Warmia and Mazury Medical Chamber in Olsztyn – the owner and publisher of the journal, a new Editorial Board was established. In order to ensure the continuous and cyclical publication of the journal, cooperation with the Polish Medical Association and the University of Warmia and Mazury in Olsztyn was initiated. Initially, all articles were published in Polish. Subsequently English was gradually introduced – first English summaries, then selected articles, and in 2012 entire publication was published in English. Cooperation with the world leader among medical publishers – Elsevier was also established. The journal appeared on the international platform ScienceDirect. Since then, the journal has gained an undisputed international character. Original version of the journal became digital. In 2014, the number of downloads of full-text versions of articles was tripled and the number of countries of these downloads was doubled. Increased interest in articles published in our journal has also been observed in subsequent years.

In December 2017, the cooperation with Elsevier ended, and by a decision of the management board of the owner and the Editorial Board, the Warmia and Mazury Medical Chamber in Olsztyn took over the role of publisher of the Pol Ann Med. This archived history of Pol Ann Med can still be found at http://wmil.home.pl/paom/.

In terms of readers, in 2017 Pol Ann Med was most popular amongst USA – 18%, United Kingdom – 8%, Poland occupied 3rd position – 7%. Following positions were occupied by China and Australia – both 4%. Remaining 59% of readers were from other countries put together with Ukraine, Indonesia, Malesia, India, Germany, Turkey, Brazil, Colombia, Denmark and Iran dominance.
New chapter in development of *Pol Ann Med* begun in 2019. Collegium Medicum of the University of Warmia and Mazury in Olsztyn became the new owner and publisher of the journal. In the same year, the Ministry of Science and Higher Education rated our magazine at 40 points. Currently, in addition to indexation in the Ministry of Science and Higher Education and Polish Medical Bibliography, *Pol Ann Med* is also present on global indexing lists and publication platforms, such as: EBSCO, Academic Search Complete, Google Scholar, EMBASE, SCOPUS, ScienceDirect.

Today in the 2023 Copernican Year, *Pol Ann Med* offers easier access to publishing its professional and scientific achievements in a medical journal with a high scientific rank. Editorial Board faces further challenges, including introduction of the magazine to PubMed, Medline, Web of Science databases and the Journal Citation Report list.

There are 826 scientific journals registered in SCOPUS database under general medicine category. *Pol Ann Med* is listed on 690th position. In terms of content, the most valued journals such as: The Lancet, New England Journal of Medicine, Nature Reviews Disease Primers and JAMA placed in 99 percentile group, whereas *Pol Ann Med* is placed in 16 percentile group. The CiteScore for *Pol Ann Med* in 2021 calculated on May 5, 2022 was 0.3 and SJR 2021 – 0.135.

The highest number of published articles in *Pol Ann Med* comment on matters of internal medicine, orthopaedics and surgery, physiology and pathophysiology, oncology, nutrition and environment, rehabilitation.

Editorial Board invite you to visit our website http://www.paom.pl/ and submit your articles.

Editor-in-Chief

Prof. Ireneusz M. Kowalski MD, PhD