



## FROM THE EDITOR IN CHIEF

In an era where global populations are aging at an unprecedented rate, the importance of research in geriatrics and gerontology cannot be overstated. These fields are dedicated to understanding the complex biological, psychological, and social aspects of aging, aiming to improve the quality of life for older adults. With advances in healthcare extending life expectancy, there is a growing need to ensure that these additional years are characterized not just by longevity, but by vitality and well-being.

Geriatric research focuses on the medical care and management of older adults, addressing the unique challenges they face, such as multiple chronic conditions, polypharmacy, and increased susceptibility to diseases. Understanding these challenges enables the development of targeted treatments, preventative strategies, and personalized care plans that enhance the health and independence of older individuals.

Meanwhile, gerontology takes a broader approach, examining aging as a multifaceted process that affects individuals, families, and societies. Research in this field explores the psychological and social changes associated with aging, the impact of age-related diseases, and the societal implications of an aging population. Insights gained from gerontological research are essential for informing public policy, guiding the development of age-friendly communities, and fostering a societal understanding of aging that respects and values the elderly.

Together, geriatrics and gerontology play a crucial role in shaping a future where aging is not feared but embraced, where older adults are supported in living fulfilling lives, and where the wisdom and experience of the elderly are cherished as a vital societal resource.

Turkish Journal of Geriatrics has been indexed under Science Citation Index Expanded (Sci-Exp) and Social Sciences Citation Index (SSCI) since 2008 and plays a critical role advancing research in these fields. As we continue to explore these fields, we not only improve the lives of current older generations but also pave the way for future generations to age with dignity and grace.

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