

Here we are – something so small managed to close our big and interesting world... No weapon no cold war, nothing is comparable to the situation, a situation in a lifetime for most of us. Unfortunately, still no light in the tunnel ... no cure, no vaccine, and controversial scientific and practical outcomes. Doctors are confused, patients are scared, medical systems are unsecure... Where are we now?

In many medical specialties the virus itself does not cause direct damage, however, all medical specialties were significantly affected by the consequences. The first negative effect is missed appointments for patients with acute and chronic diseases. In both cases more complications and comorbidities lead to medical and social consequences closing a vicious circle. There is no one to blame: the planned medical visits were restricted and the patients were scared to go to the medical office, where potentially there would be a risk of infection. Unfortunately, we still have no guidelines for what exactly our attitude must be in all medical and social situations, especially when we must take care of our health in the COVID-19 pandemic.

An interesting example is ophthalmology. In the real close-up, the eyes are everything for us, as for the Internet we need good eyesight. However, a lot of negative opinions were expressed regarding one of the most popular corrections – contact lens. The reality proved that wearing contact lenses does not increase the risk for the eyes, nor for additional contamination. Everyone with glasses, however, knows the disadvantage of wearing a mask the proper way. Fogging up of the glasses is not the only side effect, it is proven that the warm, humid air is a serious causative agent of dry eye. So one more additional factor to increase the risk for the most contemporary and widely distributed eye problem. In this issue the Department of Ophthalmology and Visual Sciences is sharing its experience on how to gain back speed and run normal ophthalmic practice after complete lockdown and in a situation of a pandemic. This is more than just experience, because with the support of a student the Department managed to supply protective shields to the entire country of Bulgaria and helped establish protective habits during the most common ophthalmology procedure – biomicroscopy.

When touching on medical perspective we should never forget about social consequences. The team from the Faculty of Public Health evaluated the necessities versus the ethical considerations in a pandemic situation. The conclusion is really interesting and demonstrates that the personal appreciation of such situation varies and regardless of the individual reaction, the resonance of all reactions changes the society.

Lat but not least, we still have challenging cases and we must deal with tem with all caution and double protective measures. Those are reflected in the case reports in this issue.

We hope for the better, but we have no timeline... It is not to be instantaneous and looks like it is not going to be very soon. In the mean time, we must continue the double fight for our specialties and for the general protection for our patients and our selves to the best of our knowledge...

**Christina Grupcheva, MD, PhD, DSc, FEBO, FICO(Hon), FBCLA, FIACLE**  
Vice-Rector “Science and Research”, Medical University of Varna, Bulgaria