

I am pleased to announce a brand new CME series in this issue of the SMJ -- **Practice Integration & Lifelong Learning**, or **PILL** for short. The pill is a common image in medicine that represents a cure or remedy to an ailment. It is also often deemed to be the most desired and acceptable form of treatment. However, with emerging studies adding to the scientific pool of knowledge and in the ever-changing medical landscape, a multidisciplinary team may be needed to piece together the latest information and recommendations in order to form a complete clinical picture. The PILL series seeks to achieve this integration by gathering the right people to review the latest evidence and deliver this in small therapeutic doses for lifelong learning. I hope that you will find this series enlightening as well as beneficial to your practice.

In addition, you can look forward to two more theme-based publications in the second half of the year, namely Psychological Medicine in July, and Obstetrics and Gynaecology in October. I hope you will find these consolidated themed articles informative and a good read.

Finally, I would like to inform our authors that with effect from the June issue, the SMJ Editorial Office will stop mailing out hard copies of the journal and offprints to overseas authors. SingPost has announced major revisions to its international postage fees from June 1, 2012, which means that the postage cost to overseas addresses will increase by between two- to three-fold. I regret that the Journal is no longer able to absorb the high cost of postage. Instead, high-resolution PDFs of the article will be emailed to our overseas authors. A complimentary copy of the Journal will be made available to overseas authors only on request and at the current postage charges. I thank you for your understanding and support in this regard.

**Teo Eng Kiong**  
*Editor, SMJ*

