From the editors

This year's issue of EIR appears somewhat earlier than previous ones. We will try to bring out the next one in the first half of 2010. This will save us some end of year pressure and may also be good for our Impact Factor.

This year's issue mirrors to some extent the present general development in the field of exercise immunology which is characterized by increasing interest in the potential of exercise in therapy of specific diseases and metabolic disorders. Exercise immunology is getting more clinical and more precise: it is also beginning to highlight differences due to gender and age.

The first article by Ploeger et al is a systemic review on exercise and chronic inflammatory disease. Depending on the type of exercise and disease, exacerbation and attenuation have both been observed. Clearly, there is a huge gap in specific knowledge, and more specifically focused investigations are needed.

The next article by Ortega et al is an example of the above mentioned more specific clinical approach. It is a thorough review on exercise in fibromyalgia which, to my knowledge, is the first of its kind. It also contributes results of a pilot study which suggests that subgroups of patients may differ in their reaction to exercise.

The next two articles of this issue are both related to nutrition. Senchina et al critically evaluate current immunological and clinical literature regarding effects of herbal preparations on athlete immune function, including some new data from their own pilot study. West et al focus on what is known about probiotics, immunity and exercise. Both together represent a remarkable overview of current knowledge –and gaps of knowledge - on exercise and "immunonutrition".

Then Bishop et al present interesting new data on the migration of T cells towards rhinovirus infected cell supernatants, demonstrating that this function is reduced through physical stress. Well, yes, do not run while you are sick!

The final article by Schaible et al observes an interesting new twist to HIF1α gene expression in exercise, demonstrating a new, highly exercise reactive splice variant(HIF1α-2), as well as differences in expression related to gender.

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