

## *From the editors*

This year's issue of EIR marks 20 proud years as official organ of the International Society of Exercise and Immunology (ISEI) which was founded less than 5 years before EIR was born. For many years it has been supported and co-published by the Deutsche Gesellschaft für Sportmedizin und Prävention (DGSP) which I hereby would personally like to thank most sincerely for its engagement. To shorten the traditional self praise let me just mention that we enjoy our present impact factor of around 7 and hope that we will be able to keep it up in that range for the foreseeable future.

EIR 20 contains 3 studies, 3 reviews, one introduction of a new method and one review with inclusion of own data. The first two articles have a new and interesting common subject- the reaction of oral-respiratory mucosal antimicrobial proteins (AMPs) to exercise. While He et al. report higher secretion rates of AMPs in males than females in a study with a remarkable number (210) of subjects, the second, smaller study by Gillum et al. confirms these findings and also controls for menstrual phase. The third by Kanda et al. examines an array of potential novel markers for damage, inflammation or oxidative stress in calf raise –type exercise. Although positive results are usually appreciated best, it is nevertheless valuable information that none of these could replace CK, ALD or LDH as markers for damage.

The next article by Sako et al. introduces a newly developed genome wide analysis of the translational response. In many cases, the latter can bridge the rift between transcriptomics and proteomics and the authors explore the potential of this novel method as a tool in exercise immunology by demonstrating its robustness in a model with LPS stimulated macrophages.

In the following article, Senchina et al. review what is known about the effects of caffeine and other alkaloids on athlete immune function. It is refreshing to hear that, in spite of the omnipresence of these substances in beverages, there is no scientific basis for any beneficial effect in this context. Nijs et al. then present a systematic review about exercise and chronic fatigue patients. It finds level B evidence that the immune response to exercise is altered in these patients - with oxidative metabolism as a hot spot. The following review by Krüger and Mooren summarizes our present knowledge about exercise and leukocyte apoptosis, discussing possible mediators and the potential significance of apoptosis within the process of adaptation to exercise. Finally, Makarova et al. present a review on the role of miRNAs in the reaction to exercise. The authors hypothesize that miRNAs may play a key role in governing the immunological response to exercise at a very early stage. They also expect that this area of research will rapidly expand in the years to come.

This year's issue of EIR is also the last one to appear under my (Hinnak Northoff) editorship. Karsten Krüger will be the next editor, assisted by Mike Gleeson and Jonathan Peake, and I am very satisfied to see a smooth and efficient transition going on. I know they will assure a brilliant future for our journal and I will enjoy watching the further developments from the perspective of a retired old man. Cheers! – and many many thanks to all my friends and supporters of the exercise immunology community who have given me so much.

For the editors

*Hinnak Northoff*