



*Editorial*

## A Little Piece of Normality

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Dear readers and authors of Xjenza Online, as Editor-in-Chief, I am very pleased to announce the release of the first issue of 2020 of Xjenza Online.

This year, the world has been passing through challenging times and the COVID-19 pandemic has become a global phenomenon with consequences that are already dramatic in many areas. This issue of Xjenza Online demonstrates continuity of the scientific endeavour in the Maltese Islands, a little piece of normality during these unsettling times,

The issue opens with an extensive review by Schembri et al. of the scientific literature on the investigation of preconditioning, a complex, strong, evolutionary conserved cellular survival mechanism that is exhibited by different species as well as in different organs.

The following important study by Manwel Debono and Mario Thomas Vassallo investigates the influence of a number of personal factors (age, gender, skills level of job, sector of employment and knowledge of local employment laws, etc.) on the work-related outcomes of Filipino migrants in Malta.

Next, the article by Cuschieri et al. evaluates whether the level of knowledge in reading nutritional labels in the Maltese population is correlated to their oral health status. The results of the study revealed that there is a low awareness of daily sugar intake guidelines and a moderate understanding of nutrition labels. Moreover, age-related trends, educational background, and knowledge in reading and correctly understanding food nutritional labels were related to better oral health.

The issue concludes with a manuscript by Azzopardi et al. which evaluates the quality of communication between the dental clinics and dental laboratories from a dental laboratory technicians' point of view and to offer means for improving communication between these two workplaces.

To conclude, I wish you all to stay strong and safe, and keep up the hope for better times. As always, Xjenza

Online will continue to serve the local professional scientific community, to publish high-quality original findings in a peer-reviewed environment, and to help early-career researchers to advance their scientific discourse in the community.

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