Chondronauts and Arthronauts, a Matter of Attitude

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To the Editor:

If we ever thought that history repeats itself like a fractal in spite of the fact that it happened thousands of years ago, then we would say that humanity remains the same, but in different scenarios.

It seems that the attitude of the human beings is what persists through the epochs and ages, remaining timeless, perhaps hidden somewhere in the genome.

Jason the famous mythological character¹ as the coxswain guided his brave crew embarking on the *Argus*, the ship that would lead them at that time to unknown paths in pursuit of the philosopher's stone of health, the Golden Fleece.

As the central character of this mythical passage, the modern orthopedist also embarks on an odyssey where knowledge is not only the ship but also the direction and power. Envisioning new paths from their practice, the real "Arthronauts" virtual themselves of knowledge and their craving to see the morning made, is not satiate, rather increased.

The vision of this new generation of seafarers of joints should be reflected in a vast panorama, the days when the musculoskeletal surgeon was merely a qualified medical "carpenter" are past.

Now armed with the light of science and technology and with his arthroscope, he ventures into cavities as one who knows the depths of the sea with accuracy and does not strand his ship. The knowledge of the Chondronaut goes far beyond those of the neurospatial skills that would provide him with advantageous ability to think and act in the third dimension, while his vision is only in 2 dimensions. Furthermore, without seeing it, he considers the microscopic realm and the mechanical and metabolic consequences of his operating procedure.

On the other hand, he is aware of the cytochemical phenomena that he will trigger when he wakes up Mother Nature in its mission to heal, not only will he see the time of his immediate action, but he will also focus his mind to the whole process that he will not testify but his knowledge will make him see the future. These true navigators have the weapons of the scientific curiosity and wonder of a child, they think that not everything new is good, but everything good was one once new, their minds always open to new trends, and as Diogenes with his lamp, in constant search.

His spirit is not fazed to hear new routes once reserved only to those who only knew the library dust and the acrid smell of the laboratories, mitochondria is now his friend, and he finds the explanation of many of his questions to look at these organelles full of life and death.

At this time the enigmatic free radicals and the oxidative stress charge a practical sense in tissue homeostasis. Their brain of abstract thinking is capable of scientifically connecting Rasputin and Mithridates Megas of Pontus,² that great warrior defeated by Pompey, with the elevation of free radicals when practicing sport explaining some of the health benefits through the Hormesic and Mithridatic theory.

He understands that eventually, substances that humans ingest in their diet can have an effect on the genome from compounds such as polyphenols, bioflavonoids, which cause the production of intracellular superoxide dismutase by a paradoxical pro-oxidant system, and modulators of oxidative stress.³ They analyze the concept of "nutrigenomics," but it does not trouble him given that his craving for knowledge makes him judge it like part of his arsenal, as pieces of a complicated puzzle waiting for the right time to give the full image. They behold perhaps there, a hidden opportunity for the chondrocyte, modulating the oxidative stress in the hope of reducing the inflammation that damages the genome.

He starts to join disciplines once unthinkable, his mind has a radial and deep insight, breaking paradigms and dogmas bridging in what appears to be science fiction and evidence-based medicine, but do not hear the song of the mermaids, knowing that the genius abound, but who arrives is the persevering and the analytical pushed by the wind of the safe tenor. It was said by Seneca, if your boat does not have a harbor no wind favors it.

He becomes an early adopter of theories with a good critical eye that even does not explain everything; he offers an unsettling window of research to shape your own opinion. He has as genuine characteristic a deep gratitude for those who held out their hand without even knowing him, as Albert Einstein said, "A hundred times every day I remind myself that my inner and outer life is based on the labors of other men."

Here are the current and true "Chondro-arthronauts" that despite dwelling in these times, they were always there for hundreds of thousands of years, since the dawn of mankind and they will be to its setting, they are only humans in different settings but with the same attitude.

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A chondro Arthronaut voyaging the sea of science

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