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EDITORS' NOTES

Editor's Note: The TFMRJ Podcasts

Larry Kravitz, MD

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Texas Family Medicine Research Journal

Vol. 2, Issue 1, 2026

We would like to announce the first episode of our podcast, The Texas Family Medicine Research Journal Podcast.

We intend to release podcast episodes monthly, highlighting an article from a recent TFMRJ issue. You can find our podcast on Spotify by searching the name of our journal, Texas Family Medicine Research Journal or you can paste this link into your browser: https://open.spotify.com/show/2eLbHDfJ2xcsUOFSlsx5y1

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Our first podcast is a quick 13 minutes long, shorter than the average American daily drive to work of 27 minutes.[1] We aim to keep our podcasts less than 20 minutes in length as a tasty, little auricular nugget for your hungry medical brain.

Estimates suggest that 40-80% of physicians use podcasts to fulfill CME requirements.[2] With hundreds of possible medical podcasts relevant to family physicians, how does one decide which ones with which to spend time? A podcast review was published in the American Family Physician in 2020.[3] Their top recommendations, along with the obvious recommendation of the AFP Podcast, were: "*For Medical Knowledge: JAMA Clinical Reviews*, *Primary Care Update*, *Frankly Speaking About Family Medicine, Best Science Medicine*, [and] *Peds in a Pod*." For narrative medicine, "*Sawbones*, *This Podcast Will Kill You*, *The Nocturnists*, [and] *Bedside Rounds*" topped their list.

To add to these lists, my personal recommendations also include *JAMA Medical News*, *New England Journal of Medicine Weekly* podcast, *JAMA Editor's Summary*, *Scientific American Science Quickly*, *Barbell Medicine*, *The Curbsiders*, and *The Cribsiders*. I will continue to keep "my ears open" to other podcast gems yet to be discovered.

Finally, I must acknowledge all the assistance that we have creating the *Texas Family Medicine Research Journal* and our new podcast. Our undergraduate interns at the University of Texas at Austin, Elena Arteaga, Andrea Berain, and Felicity Pompa are our technical gurus who created are "intros", "outros" and our theme music. They also produce our soundtrack on the Eleven labs program. Going forward, our medical student editors from medical schools all around the state of Texas, including Eric Lee, Ryan Leong, Cassandra Miller, Michelle Khong, Lux Herron, Anusha Tanneru, Carlson Nguyen, and Sriharish Bellamkonda will be creating our script content and presenting the monthly articles.

In this fast-moving Information Age, you have a plethora of content to choose from on countless media platforms. We hope you have a chance to try the *Texas Family Medicine Research Journal Podcast* as a new way to stay abreast of our ever-changing family medicine landscape.

Larry Kravitz, MD
Associate Editor
Texas Family Medicine Research Journal
Affiliate Faculty
Department of Family Medicine
Dell Medical School
Department of Family Medicine
Austin Regional Clinic
txfmrj@gmail.com

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