Nutrition and cardiovascular disease

According to 2019 report by American Heart Association (AHA), cardiovascular disease (CVD) is the leading cause of death worldwide, accounting for more than 17.6 million deaths per year in 2016. This number is expected to grow by more than 23.6 million by 2030, according to a study by the AHA. It is evident that nutritionally-poor diets can have a significant negative impact on cardiovascular health. In fact, it has been estimated that nutritional factors may be responsible for approximately 40% of all CVD. Thus, dietary interventions with specific nutrients and/or ingestion of functional foods and nutraceuticals are generally considered cost-effective and efficient components of prevention strategies for CVD. While, there are a variety of factors determining the incidence of heart disease, informed nutritional choices and consumption of healthy foods may well attenuate CVD progression and more importantly may reduce/prevent the occurrence of CVD. There is increasing public interest and scientific investigation into establishing dietary approaches that can be undertaken for the prevention and treatment of CVD. Accordingly, this Special Issue provides an insight into the role of nutrition and dietary habits on cardiovascular health and the redispersion to CVD. Furthermore, this issue will also highlight the mechanisms of therapeutic and preventive action as well as the influential role of sex, epigenetic and nutrigenomics factors in cardiovascular health and disease.

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Message from the Editor-in-Chief

Reviews in Cardiovascular Medicine was launched in 2000 by MedReviews, LLC, in New York, NY. This journal was conceived to fill a critical gap for clinicians who were struggling with a rapidly expanding knowledge base in cardiovascular medicine with the convergence of basic science, clinical epidemiology, and therapeutic clinical trials. The founding co-editors were David P. Faxon, MD, past president of the American Heart Association, and Norman E. Lepor, MD, who is considered a luminary in interventional cardiology. The contributing editorial board grew over time and Dr. Peter A. McCullough, MD, MPH ascended from contributing, to associate, to co-editor of the Journal. In 2018, the Journal took its next big step under the leadership of Dr. McCullough as editor-in-chief to become a truly international publication. Its offices moved to IMR Press in Hong Kong, and the editorial board was made more inclusive and representative of the world-wide contributors in academic cardiology. Additionally, the journal brought on expertise in translational medicine to help face the future of molecular medicine and its role in cardiovascular disease. Today Reviews in Cardiovascular Medicine is considered a top tier journal in cardiology with timely and comprehensive reviews covering all aspects of cardiovascular medicine including atherosclerosis, myocardial disease, arrhythmias, and valvular heart disease. The scope of papers ranges from population science, applied basic investigation, in-vitro diagnostics, and evidence-based strategy and therapeutic trials involving both pharmacologic intervention and interventional devices. The highly integrative style of the Journal anchored with evidence tables and instructive figures has garnered many citations over the years and many guidelines documents have relied upon works published in Reviews in Cardiovascular Medicine. Supplement and focus issues have been very popular among the readership and often are viewed as the most up-to-date compilations of new knowledge in cardiology and related specialties. The future is bright for academic cardiovascular medicine and Reviews in Cardiovascular Medicine is well positioned along side the clinician-investigator in the years to come as a trusted source of critical information and analysis.

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