



## Physical Activity and Fitness in the Prevention and Management of Cardiometabolic Disease

Dear Colleagues,

Evidence accumulated from large, long-term epidemiological studies support a strong, inverse, and independent association between physical activity and cardiovascular and all-cause mortality in apparently healthy individuals and in patients with documented cardiovascular disease. These health benefits are in part the outcome of the favorable modulations in both traditional and novel cardiovascular risk factors, observed with increased physical activity patterns or structured exercise programs. In this Special Issue of Reviews in Cardiovascular Medicine entitled “Physical Activity and Fitness in the Prevention and Management of Cardiometabolic Disease” we will present high-quality original research and some of the most influential studies on the effects of physical activity and fitness on the traditional and novel cardiometabolic risk factors, their clinical applications and future directions. The topics of interest include but are not limited to:

- Cardiovascular disease
- Atrial fibrillation/Stroke
- Chronic kidney disease
- Diabetes mellitus
- Obesity
- Heart failure
- Hypertension
- Cardiac structure and function
- Dyslipidemia

Prof. Dr. Peter Kokkinos and Prof. Dr. Jonathan Myers

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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 specialities. The future is bright for academic cardiovascular medicine and Reviews in Cardiovascular Medicine is well positioned alongside the clinician-investigator in the years to come as a trusted source of critical information and analysis.

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