



## Diet, nutrients and cardiovascular disease prevention

Among all behaviors, nutrition makes the largest contribution to cardiovascular disease morbidity across Europe. This Special Issue “Diet, nutrients and cardiovascular disease prevention” should shed light on the association between various nutrition aspects on the basis of nutrients, dietary patterns (a priori or a posteriori defined) or dietary behaviors and the prevention of cardiovascular diseases or relevant cardiometabolic risk factors.

Appropriate dietary regimen is a wellbeing cornerstone to prevent degenerative disorders. The relationship between nutrition and cardiovascular diseases has been extensively investigated. Mediterranean diet stands among the most discussed dietary patterns in the cardiovascular disease prevention spectrum. However, dietetics is quite a dynamic field. For instance, inconsistencies still exist regarding the role of dairy products or red meat on cardiac health, the protective or neutral effect of vitamin D as well as issues around the concept of chrononutrition. Current areas of interest include new dietetic strategies to prevent disease progression/onset such as fasting, personalised nutrition, gene–diet interactions, novel methods of nutritional assessment, as well as patient and physician education to achieve better compliance.

In conclusion, further research is highly encouraged to inform guidelines and appropriately prioritize national public health policies in line with the most updated knowledge. Thereby, this Special Issue should review all aspects concerning effective nutrition-related plans on this field as well as the underlying mechanisms behind them in order to ameliorate the primary prevention strategies of cardiometabolic disorders.

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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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**Submission Deadline: 01 November 2021**

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