

Special Issue

Lifestyle Modifications and Their Impact on Coronary Artery Disease

Message from the Guest Editor

Coronary artery disease (CAD) remains a leading cause of morbidity and mortality worldwide, with lifestyle factors playing a pivotal role in its development and progression. This Special Issue explores the impact of lifestyle modifications on the prevention, management, and prognosis of CAD. We invite contributions examining the effects of diet, physical activity, stress management, sleep, and other behavioral interventions on cardiovascular health. Studies investigating mechanistic insights, clinical outcomes, population-based interventions, and strategies to promote sustainable lifestyle changes are particularly encouraged. We also welcome original research and comprehensive reviews that enhance understanding of how lifestyle choices influence atherosclerosis, inflammation, endothelial function, and cardiovascular risk. This Special Issue aims to provide a valuable resource for clinicians, researchers, and public health professionals. We welcome submissions offering novel perspectives, practical recommendations, and evidence-based strategies to improve cardiovascular outcomes.

Guest Editor

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About the Journal

Message from the Editor-in-Chief

The primary goal of the *Journal of Cardiovascular Development and Disease* (JCDD, ISSN 2308-3425) is to provide cardiovascular scientists a platform to publish their work in a quick and efficient way. Topics can range from studies designed to decipher the events underlying early heart development to studies focusing on the origins of congenital and acquired heart disease. Papers submitted to *JCDD* undergo a fast, yet thorough, peer-review process. In this process, we will apply strict ethical policies and standards. *JCDD* guarantees fast dissemination of results to a large scientific audience.

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manuscripts are peer-reviewed and a first decision is provided to authors approximately 24.7 days after submission; acceptance to publication is undertaken in 3.6 days (median values for papers published in this journal in the second half of 2025).