

## Special Issue

# Advances in Cardiovascular Rehabilitation: The Central Role of Exercise in Prevention and Care

### Message from the Guest Editor

The epidemiology of cardiovascular diseases in all their manifestations and their impact on public health and consequently on the healthcare economy of many Western countries has led to a growing recognition of the importance of cardiac rehabilitation over the past decades. Physical exercise, regarded as a “polypill” in secondary prevention and as a cornerstone for a solid primary prevention strategy, has gained increasing evidence and relevance. Moreover, exercise has demonstrated a prominent role in the prognosis of oncological diseases, thereby stimulating the interest of specialists in cardio-oncology and exercise physiology, whose fields are closely interconnected. This Special Issue aims to provide a comprehensive overview of recent advances in cardiovascular rehabilitation, with particular emphasis on the role of physical exercise in the treatment and prevention of cardiovascular diseases. Therefore, researchers in the field of cardiovascular rehabilitation and exercise science are invited to submit their findings in the form of original articles or reviews to this Special Issue.

### Guest Editor

Dr. Massimo Pistono

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### Deadline for manuscript submissions

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## Journal of Clinical Medicine

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