

Special Issue

Sports Cardiology and Health Promotion Through Personalized Exercise Prescription

Message from the Guest Editor

Sports cardiology is an emerging sub-specialty field of Cardiology and Sports Medicine which aims to improve the knowledge in the diagnosis, risk stratification and clinical management of athletes who present a physiological cardiac remodeling induced by training or a cardiac condition that may increase the risk of sudden cardiac death or that may worsen with intensive exercise (e.g., cardiomyopathies). In cases of disqualification from sports competition, it is crucial to evaluate the subject for a tailored personalized exercise prescription to avoid physical inactivity, a well-recognized leading risk factor for overweight, obesity, diabetes, ischemic heart disease, cancer, all-cause mortality and major cardiovascular events. Exercise prescriptions should also be considered in sedentary individuals.

The aim of this Special Issue is to invite original research articles, clinical findings and critical reviews that present and discuss the advancement of research in the knowledge of athletes' heart and cardiac diseases, with a particular focus on primary and secondary cardiovascular prevention and health promotion through a tailored personalized exercise prescription.

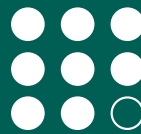
Guest Editor

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About the Journal

Message from the Editor-in-Chief

Journal of Personalized Medicine (JPM), ISSN 2075-4426) is an international, open access journal aimed at bringing all aspects of personalized medicine to one platform. *JPM* publishes cutting edge, innovative preclinical and translational scientific research and technologies related to personalized medicine (e.g., precision medicine, pharmacogenomics/proteomics, systems biology, 'omics association analysis). *JPM* is covered in Scopus, the Science Citation Index Expanded (SCIE), PubMed, PMC, Embase, and other databases.

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manuscripts are peer-reviewed and a first decision is provided to authors approximately 21.5 days after submission; acceptance to publication is undertaken in 3.5 days (median values for papers published in this journal in the first half of 2025).