

## 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.

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### Guest Editor

Dr. Luna Cavigli

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### Deadline for manuscript submissions

closed (31 January 2026)



## Journal of Personalized Medicine

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## About the Journal

### Message from the Editor-in-Chief

*Journal of Personalized Medicine* is one of the few journals that covers the diverse areas involved in the field, including research at basic, translational, and clinical levels. It focuses on “omics”-level studies that seek to define the basis of interindividual variation in susceptibility for a disease, its prognosis or definition of clinical subsets, and response to therapy (pharmacogenomics). We are also interested in systems biology as it relates to interindividual variation, and research on new methodologies, informatics, and biostatistics, in the aforementioned areas.

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### Editor-in-Chief

Prof. Dr. Kenneth P.H. Pritzker

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manuscripts are peer-reviewed and a first decision is provided to authors approximately 25 days after submission; acceptance to publication is undertaken in 5.8 days (median values for papers published in this journal in the second half of 2025).