

Special Issue

Epidemiology Studies of Cardiovascular Diseases in Older Adults

Message from the Guest Editor

Research in epidemiology related to cardiovascular diseases in older adults is essential for understanding the burden of these conditions and implementing effective prevention strategies. Epidemiological studies have revealed that aging itself is a major risk factor for cardiovascular issues, often compounded by other age-related health challenges. Studies have identified various modifiable risk factors that contribute to the development and progression of cardiovascular diseases in older adults. These risk factors include hypertension, hyperlipidemia, diabetes, obesity, smoking, physical inactivity and poor dietary habits. Addressing these risk factors even in the elderly through lifestyle modifications, can significantly reduce the incidence and impact of cardiovascular diseases in older populations.

Furthermore, epidemiological research emphasizes the importance of early detection, timely intervention and continuous monitoring of cardiovascular health in older adults. Overall, epidemiological studies provide a foundation for evidence-based practices and policies aimed at preventing and managing cardiovascular diseases in the aging population.

Guest Editor

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