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Nutrition, Lifestyle and Cardiovascular Disease

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Message from the Guest Editor

Dear Colleagues,

Despite numerous advances in the prevention and treatment of cardiovascular disease, it remains the leading cause of death in both men and women worldwide. This Special Issue on "Nutrition, Lifestyle and Cardiovascular Disease" is focused on the role that nutrition and lifestyle have on cardiovascular disease (CVD) and its risk factors. Lifestyle factors including nutrition, smoking, excessive alcohol consumption, unhealthy weight, and physical inactivity can affect CVD risk. The likelihood of developing CVD increases with unhealthy dietary patterns and/or lifestyle behaviors, leading to an unfavorable lipid profile and high blood pressure, both risk factors for CVD. Additionally, diet and lifestyle factors can influence vessel health such as arterial stiffness and endothelial function, subsequently leading to CVD. Therefore, the focus of this Issue is intentionally broad and will explore a wide range of nutrients and/or dietary patterns as well as other lifestyle factors and their association with risk factors for CVD.

Dr. Shannon L. Lennon

Guest Editor



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Special Issue



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