

Special Issue

Impact of Lipids on Cardiovascular Health

Message from the Guest Editor

Cardiovascular disease (CVD) is a leading cause of death and disability. CVD consists mainly of coronary heart disease and stroke. Major CVD risk factors include increased age, male sex, hypertension, diabetes, smoking, elevated total serum cholesterol due to elevated low density lipoprotein cholesterol (LDL-C), elevated lipoprotein(a) or Lp(a), increased homocysteine, decreased high density lipoprotein cholesterol (HDL-C), obesity, and decreased kidney function. The measurement of CVD risk factors and CVD risk assessment will be reviewed. Both lifestyle and genetics play important roles in the regulation of CVD risk and risk factors. Diets high in saturated fat, trans fats, cholesterol, and sugar and low in plant oils and omega-3 fatty acids have been associated with increased CVD risk. The measurement of biochemical risk factors will be reviewed. In addition, effective medications are available for the control of CVD risk factors, including hypertension, diabetes, smoking, and lipid abnormalities. All of these topics will be reviewed in this Special Issue.

Guest Editor

Dr. Ernst J. Schaefer

1. Boston Heart Diagnostics/Eurofins Scientific Network, Framingham, MA, USA
2. Department of Medicine, Tufts University School of Medicine, Boston, MA, USA

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Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

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Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (UIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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