

## Special Issue

# Lifestyle, Diet and Nutritional Status in Patients with Arrhythmias

### Message from the Guest Editor

Cardiac arrhythmias are burgeoning health threats with strong associations with lifestyle factors such as nutritional habits, alcohol consumption, tobacco use or physical inactivity. Recently, lifestyle and risk interventions, including weight loss, dietary management and physical fitness, have been reported to reduce the burden of cardiac arrhythmias. Further investigation is needed in order to explore the mechanism and effects of systematic lifestyles and risk factor modifications for cardiac arrhythmias. This Special Issue aims to publish original research and reviews related to the clinical, epidemiological or animal evidence of risk factors contributing to cardiac arrhythmias, their underlying mechanisms, and the effects of lifestyle interventions on arrhythmogenesis. Our goal is to provide a better understanding of the cause, risk factors and lifestyle modulations of cardiac arrhythmias in order to optimize existing lifestyle strategies (such as dietary pattern or exercise type/intensity) and ultimately translate current evidence and guidelines into individualized medical strategies for the treatment of cardiac arrhythmias.

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### Deadline for manuscript submissions

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## Nutrients

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### Message from the Editorial Board

*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.

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