

## 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.

### Guest Editor

Dr. Monika Gawalko

- 1.1st Department of Cardiology, Medical University of Warsaw, 02-137 Warsaw, Poland
2. Department of Cardiology, Maastricht University Medical Centre and Cardiovascular Research Institute Maastricht, 6229 ER Maastricht, The Netherlands
3. Institute of Pharmacology, West German Heart and Vascular Centre, University Duisburg-Essen, 45147 Essen, Germany

### Deadline for manuscript submissions

closed (20 December 2023)



## Nutrients

an Open Access Journal  
by MDPI

Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



[mdpi.com/si/172357](https://mdpi.com/si/172357)

*Nutrients*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[nutrients@mdpi.com](mailto:nutrients@mdpi.com)

[mdpi.com/journal/  
nutrients](https://mdpi.com/journal/nutrients)





# Nutrients

an Open Access Journal  
by MDPI

Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



[mdpi.com/journal/  
nutrients](https://mdpi.com/journal/nutrients)



## About the Journal

### 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.

### 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 (IUIBS), 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

### Author Benefits

#### Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

#### High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

#### Journal Rank:

JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)