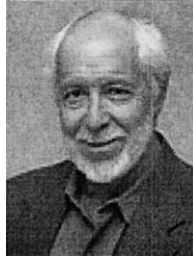




Preface

Prevention of cardiovascular disease



Jonathan Abrams, MD
Guest Editor

This issue of the *Cardiology Clinics* addresses a variety of important issues related to cardiovascular prevention that should enable physicians and health care personnel to better apply preventive strategies in daily practices. The first three articles (Harrison; Shah; Ridker and Morrow) relate to pathophysiology and pathogenesis of vascular disease, particularly coronary artery disease. The basic tenets of vascular biology as applicable to the development of atherosclerosis are amplified by a review of evidence confirming that inflammation is a key player in the pathobiology of vascular disease and clinical events (Ridker and Morrow). The potential adverse role of chronic infections is reviewed in detail in an article by Muhlestein and Anderson. Three manuscripts provide an update of our present knowledge of dyslipidemia and its treatment (Illingworth; Rosas et al; Pasternak). Diabetes, now recognized as an important and particularly lethal coronary artery disease risk factor, is emphasized in an article by Goldberg. Lifestyle strategies of diet and exercise

are discussed in detail in articles by Stone and Kushner and Ades et al. Goldfinger gives alcohol consumption a proactive but cautious stamp of approval. Finally, a “how to” of preventive cardiology is emphasized in articles by Chiriboga et al and Steinhoff and Smith, all true prevention experts.

In summary, this issue provides a great deal of updated material regarding the increasingly powerful evidence from many sources underlying a preventive approach to cardiovascular diseases. It should be useful to all who are interested in this very important topic.

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