



Foreword

Prevention of cardiovascular disease



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The February 1996 issue of the *Cardiology Clinics*, entitled “Changing the Natural History of Coronary Artery Disease” and edited by Drs. Jonathan Abrams and Richard Pasternak, was the first issue in this series that was devoted to cardiovascular disease prevention. We didn’t use the word *prevention* in the title because we didn’t want to discourage physicians from reading the issue. At the time, the evidence that prevention actually worked had reached a critical mass, but many physicians were not yet convinced of its value. We had hoped to help change that attitude with that issue, and I believe we did, because cardiologists have subsequently been the vanguard of cardiovascular prevention. The January 2000 issue of the *Medical Clinics of North America* was entitled “Risk Factor Modification for Cardiac Disease” and suggested that interest in prevention is growing among generalists. Again you will notice that *prevention* was not mentioned in the title. At this point the evidence for the value of atherosclerotic cardiovascular disease prevention is overwhelming, so we are putting *prevention* in the title of this issue of the *Cardiology Clinics*.

I was pleased that Dr. Abrams agreed to update this important topic, and I am delighted with the result. He selected authors from both of the above-mentioned issues and has put together a comprehensive yet practical issue. This issue contains more information on the important and evolving role of inflammation in atherosclerotic vascular disease. There are updates on lipid disorder management. There are articles on diet, exercise, and alcohol consumption. Finally, there are two articles on the practical application of all the new information in the field.

With the growing evidence of the efficacy of prevention in cardiovascular disease, there are few reasons not to embrace prevention. This issue of the *Cardiology Clinics* will help physicians build a successful cardiovascular disease prevention program.

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