

Dear readers,

In the modern history of epidemiology of non-communicable diseases, the **Epidemiology of Cardiovascular Diseases and their Risk Factors in Regions of Russian Federation (ESSE-RF)** study occupies a special place. This is the largest epidemiological study, which is considered as a continuation of preventive activity in order to obtain unbiased information on epidemiological characteristics of population in Russian regions. To conduct the study, the Research Organizing Committee of ESSE-RF study was created and a protocol was developed. All interested scientists and experts from following three centers took part in the work: National Medical Research Center for Therapy and Preventive Medicine, Almazov National Medical Research Center, National Medical Research Center of Cardiology.

Ten years have passed since the first study started, and, to date, there are already three of them — ESSE-RF-1, ESSE-RF-2 and ESSE-RF-3. ESSE-RF studies are the most important scientific tool for assessing the prevalence of diseases, their risk factors, as well as predicting adverse events. Based on the results obtained, healthcare system and medical community determine priorities and develop related strategies (population-based and high-risk strategies). For their implementation, a regulatory and legal framework is being created. A significant part of the issue is devoted to discussion of results and value of ESSE-RF study on behalf of its participants.

The Guest Editor's View section discusses three important issues that I would like to highlight. First, a pilot project was launched to study the association of troponin I with cardiovascular events. It is an important step towards correct clinical interpretation of an increased cardiac troponin I level in Russian individuals. Secondly, the problem of obesity as a risk factor for cardiovascular diseases comes to the fore and related



relevant issues are discussed, including the role of brown adipose tissue and ways of its activation are being actively studied. The third report points at importance of studying the problem of extracranial artery tortuosity and the need to find an agreement between specialists on this problem.

The issue published novel guidelines **Dietary risk factors for noncommunicable diseases and eating habits: diet modification within preventive counseling**. Guidelines include an informative part for medical professionals and a practical part for patients, presented in a form of reminders. The main sections are healthy nutrition, modification of eating habits and diet due to main dietary risk factors for noncommunicable diseases, such as hypertension, obesity, disorders of lipid, carbohydrate and purine metabolism, and a decrease in bone mineral density.

Enjoy the reading,

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