

Dear readers,

We present you the first issue of the Cardiovascular Therapy and Prevention in 2022. Starting this year, our journal will be published monthly.

The format of issues will remain the same, but we continue to improve. Therefore, we will offer our readers new publications on interesting and important topics.

For the first time, we will create thematic issues dedicated to cardiovascular surgery, angiology, arrhythmology, public health promotion, and biobanking. Another form of inviting our readers to reflect and discuss clinical problems will be the release of an issue where problematic articles will be collected, accompanied by the guest editor's opinion.

In each of our regular issues, we plan to publish articles devoted to a separate problem, not always entirely clinical, but having a huge impact on routine practice of a physician: both a cardiologist and an internist.

Akopyan A. A. et al. studied the influence of cardiovascular risk factors and concluded that determining the biological vascular age can help in risk stratification and timely prevention of age-related diseases.

Poteshkina N. G. et al. assessed the salt (NaCl) intake in patients with hypertrophic cardiomyopathy and for the first time demonstrated its role in clinical and hemodynamic status of patients. High NaCl intake is a factor increasing cardiovascular risk, and low NaCl intake can have a negative impact on the cardiovascular disease course, increasing the incidence of strokes, myocardial infarction and the hospitalization rate for congestive heart failure.

Currently, obesity has become one of the most serious public health problems. The review by *Kim O. T.* and *Drapkina O. M.* discusses the role of adipose tissue in human evolution, the factors specifying propensity to obesity, the central hypotheses for obesity origin, and potential prevention and related treatment strategies. The evolutionary significance of visceral adipose tissue,



ethnic and sex characteristics associated with its distribution are also considered.

Rationalization of dietary behavior in patients after myocardial infarction is the subject of numerous discussions. The review by *Barbarash O. L. et al.* analyzed current approaches to modifying the nutrition of patients within secondary prevention of myocardial infarction.

In the section "Opinion on the problem", *Shalnova S. A.* discussed a novel approach to assessing cardiovascular risk in clinical practice, presented in the 2021 European Society of Cardiology guidelines. It has been suggested that in modern conditions their practical introduction is premature, since the healthcare system is not ready for renewal. Therefore, time is needed to adapt it to the practical healthcare conditions and to revise the medical screening protocols, which will require financial costs.

The paper by *Astanina S. Yu.* is devoted to the problems of professional medical education in Russia.

Enjoy reading,

Editor-in-chief,

Drapkina Oksana Mikhailovna

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