



# Editor's Welcome

Dear colleagues!

We present to your attention the next, 36<sup>th</sup> issue of the International Heart and Vascular Disease Journal that includes the leading articles, original and review articles, as well as a clinical case study.

The "leading article" section opens with the original paper by the authors from Novosibirsk. A population-based study within the framework of the World Health Organization MONICA-MOPSY project investigated sleep disturbances and sedentary lifestyle as risk factors for cardiovascular diseases. According to the authors, there is a need to study the combined effect of the above-mentioned factors on cardiovascular health.

The "Original Articles" section presents three articles. The first article identifies single-nucleotide polymorphisms of the ITGA2 integrin gene and their association with platelets in patients with arterial hypertension. For this purpose, patients were divided into three subgroups depending on the presence of coronary heart disease and diabetes mellitus. The frequency of the three ITGA2 gene genotypes varied in different patient subgroups. Further studies with a larger sample size are required. In the second article, Turkish researchers analyzed the relationship between fear of surgery and postoperative pain as well as sleep quality in patients after aorto-coronary bypass surgery. Preoperative patient education can be an effective measure to reduce the anxiety, as well as to reduce possible complications in the postoperative period. In the third original article, the open comparative prospective study involving 658 patients assessed the risk of premature cardiovascular events after COVID-19. The study group discovered that the risk of cardiovascular events was 74% higher in individuals after COVID-19 than in a group of individuals of similar age and sex who did not have the condition. The authors draw attention to the timely correction of risk factors.

The "Review Articles" section presents the article on the effect of omega-3 polyunsaturated fatty acids on the cardiovascular system. The paper presents the key studies examining eicosapentaenoic and docosahexaenoic acids in primary and secondary prevention of CVDs, as well as describes potential mechanisms of their cardioprotective effects. Moreover, the authors evaluate recently published randomized clinical trials in the context of the existing scientific literature.

The section "Clinical case" presents the case of asymptomatic severe mitral regurgitation with the background of undifferentiated connective tissue dysplasia syndrome. In particular, a step-by-step algorithm of actions in patients' severe primary mitral regurgitation is presented considering the latest international guidelines on valve diseases.

We invite everybody to collaborate with the journal. We are waiting for your original papers, review articles, discussions, and opinions about problems, treatment and prophylaxis recommendations.

**Mekhman N. Mamedov**

Editor-in-Chief

President of the "Cardioprogress" Foundation