



# Editor's Welcome

**Dear colleagues!**

In the 15th issue of the International Heart and Vascular Disease Journal, there are the leading article, original and review articles, and the report on annual European Society of Cardiology Congress.

The leading article of this issue was done by the group of Tyumen Cardiology Research Center. The objective of this study was to determine the associations of low physical activity and ability to work in men of open urban population with high prevalence of coronary heart disease (representative group included 1000 men). It has been demonstrated that men aged 25-64 years with CHD detected using extended epidemiological criteria tried to make physical exercises more often comparing with the control group and estimated their physical activity as the passive one. At the same time these groups demonstrated lowered physical activity and work capacity.

Traditional "Original articles" section includes 4 works of authors from Russia and Azerbaijan. The study dedicated to estimation of the influence of omega-3 polyunsaturated fatty acids on myocardial arrhythmic activity and cardiac rhythm variability in patients with unstable angina involved 41 patients. It demonstrated that administration of this food supplementary decreased ventricular arrhythmic activity and increased general reserve of neurohumoral regulation. Another original article investigated clinical and biochemical features of metabolic syndrome in men. In order to achieve it the authors observed 299 men with metabolic syndrome. This study reported that men who developed obesity before reaching the age of 40 had higher number of metabolic syndrome components. The authors proposed detailed examination of patients who developed obesity before the age of 40 for early diagnostics of associated conditions.

The influence of seasonal variations of blood pressure measured at night and in the morning on patients with arterial hypertension had been studied during the period from 1996 to 2011. The authors of this study analyzed the results of 953 24h- blood pressure monitoring tests. They proved that the time of day and seasons influence systolic and diastolic BP and that the severity of these changes correlated reversely with parameters characterizing social support of patients with AH realized by relatives, friends and colleagues.

Another original work was done by the author from Azerbaijan. Clinical cohort study involved 523 patients with diabetes mellitus, 2 type and investigated the interrelation between education level and glycemic status, cardiovascular complications and their electrocardiographic criteria. According to the results of this study, it is necessary to perform adequate glycemic control of disease progression and improve the management of risk factors in all patients with diabetes mellitus type 2, independently on their education level.

Our "Review articles" section is present with the work of Russian authors and describes known data about evolution and pathogenesis of atherosclerosis. Authors propose their own point of view on atherosclerosis development.

In this issue we report the results of annual European Society of Cardiology Congress that was held in Barcelona (Spain) on August 26-30, 2017.

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.

**Rafael G. Oganov**

Editor-in-Chief

President of the "Cardioprogress" Foundation