



Editor's Welcome

Dear colleagues!

We present to your attention the forty-eighth issue of the International Heart and Vascular Disease Journal, which features leading, original, and review articles.

The "Leading Article" section presents a review article analyzing mortality from cardiovascular diseases (CVD) and its trends from 1990 to 2022 in the countries of the Commonwealth of Independent States (CIS). Across all CIS countries, average CVD mortality decreased by 20.4% over the entire observation period, which is

three times lower than in Western European countries, where the reduction reached 60.2%. According to the authors, reducing cardiovascular morbidity and mortality in CIS countries requires the development of effective, innovative, diagnostic, therapeutic, and rehabilitative technologies for prevention and control that are accessible to the majority of the population.

The "Original Articles" section features two studies. The first article examines specific characteristics of physical activity and work capacity among individuals engaged in expedition-based rotational work under Arctic conditions. The study sample consisted of 750 men aged 25–54 years. Less than one fifth of all rotational workers participating in the study regularly engaged in physical exercise, and less than one quarter spent their leisure time passively. Over the past year, age-related trends were identified not only toward a decline in physical activity but also toward an increase in work capacity during the third decade of life. The second article is experimental in nature. It investigates the effects of meldonium on cardiomyocyte reproduction in the setting of hypertrophy and polyploidy, which could potentially expand the range and reliability of cardiac adaptation to overload. The experimental animals were male Wistar rats (total $n = 18$). The authors demonstrated that the use of meldonium during intense physical activity leads to reduced cellular hypertrophy, an increased proportion of binucleated cardiomyocytes, and a decreased number of tetraploid mononuclear cells.

The "Review Articles" section presents three papers. In the first review, the authors analyze current literature data on the pathogenesis, diagnostic approaches, and treatment of wake-up stroke. Management of the hyperacute phase of acute cerebrovascular events has evolved significantly due to improved patient selection methods, advances in instrumental diagnostics, and increased availability of new devices designed for thrombectomy procedures. The second review shows that atrial dysfunction in young men with metabolic syndrome represents a subclinical stage of cardiovascular damage; early diagnosis and timely correction of risk factors can prevent progression to clinically overt heart failure and reduce long-term cardiovascular risk. The third review provides an overview of major clinical trials evaluating the impact of sodium–glucose cotransporter 2 inhibitors on reducing cardiovascular risk and mortality from chronic heart failure, primarily through their beneficial effects on the course of chronic heart failure.

We invite everybody to collaborate with the journal. Our team is 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