



## FOREWORD

### A Special Issue on the Prevention and Diagnosis of Cardiovascular Disease

<http://www.lebanesemedicaljournal.org/articles/62-2/foreword.pdf>

*Cardiovascular disease (CVD) is the leading cause of death and claims more lives than all forms of cancer combined.*

*Cardiovascular disease will continue to be a significant public health worldwide and particularly in the Middle East as CVD risk factors – hypertension, dyslipidemia, diabetes, obesity, metabolic syndrome, poor diet, and smoking – continue to increase.*

*This special issue is designed to share the expertise of specialists for the prevention and diagnosis of cardiovascular disease. The roles of diet in cardiovascular disease prevention as well as the burden of CVD risk factors and their association with dietary variables in the Lebanese population are discussed. The roles of non-invasive imaging modalities such as cardiovascular magnetic resonance and pharmacological cardiac stress testing are highlighted in the diagnosis of patients with cardiovascular disease. Furthermore, clinical pearls in interpreting 24-hour ambulatory electrocardiograms of patients with suspected arrhythmic events are presented in this special issue.*

*We hope a regional cardiovascular disease awareness will help in decreasing the CVD risk factors.*

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