



*Special Issue Reprint*

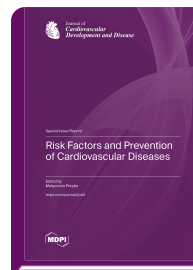
## **Risk Factors and Prevention of Cardiovascular Diseases**

[www.mdpi.com/books/reprint/11733](http://www.mdpi.com/books/reprint/11733)

Edited by  
Małgorzata Poręba

ISBN 978-3-7258-5503-2 (Hardback)

ISBN 978-3-7258-5504-9 (PDF)



This compilation, originating from the Special Issue “Risk Factors and Prevention of Cardiovascular Diseases”, presents a collection of recent research articles as well as reviews and meta-analyses focusing on the assessment of cardiovascular risk factors and original approaches to preventive action. This is important, as cardiovascular diseases still remain the leading causes of premature mortality worldwide, representing the most common non-communicable diseases (NCDs). The comprehensive discussion of the bench-to-bedside approach conducted herein enables us to understand the importance of various experiments in medicine, including laboratory and biochemical tests identifying values such as albumin and aldosterone concentrations, in addition to the significance of imaging techniques, such as magnetic resonance, as powerful diagnostic tools for cardiovascular diseases. Readers will encounter numerous interesting explorations into the influence of obesity, hypertension, sedentary lifestyles, smoking habits, and physical exercise on health status. Studies in this collection evaluate the role of pre-workout supplements in cardiovascular health, reviewing the current knowledge regarding their effectiveness. Moreover, the divergencies in cardiovascular risk factors based on ethnicity are also discussed.

Eventually, this volume may serve as a source of ideas for primary and secondary prevention techniques, playing a role in diminishing the mortality rate of cardiovascular diseases. Furthermore, addressing the issues of treatment adherence and compliance in the prevention of cardiovascular diseases is of great value.



Order Your Print Copy  
You can order print copies at  
[www.mdpi.com/books/reprint/11733](http://www.mdpi.com/books/reprint/11733)

MDPI Books offers quality open access book publishing to promote the exchange of ideas and knowledge in a globalized world. MDPI Books encompasses all the benefits of open access – high availability and visibility, as well as wide and rapid dissemination. With MDPI Books, you can complement the digital version of your work with a high quality printed counterpart.



## Open Access

Your scholarly work is accessible worldwide without any restrictions. All authors retain the copyright for their work distributed under the terms of the Creative Commons Attribution License.



## Author Focus

Authors and editors profit from MDPI's over two decades of experience in open access publishing, our customized personal support throughout the entire publication process, and competitive processing charges as well as unique contributor discounts on book purchases.



## High Quality & Rapid Publication

MDPI ensures a thorough review for all published items and provides a fast publication procedure. State-of-the-art research and time-sensitive topics are released with a minimum amount of delay.



## High Visibility

Due to our global network and well-known channel partners, we ensure maximum visibility and broad dissemination. Title information of books is sent to international indexing databases and archives, such as the Directory of Open Access Books (DOAB), and the Verzeichnis Lieferbarer Bücher (VLB).



## Print on Demand and Multiple Formats

MDPI Books are available for purchase and to read online at any time. Our print-on-demand service offers a sustainable, cost-effective and fast way to publish MDPI Books printed versions.