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Nutrition, Physical Activity and Sports in Children with Congenital Heart Disease

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Deadline for manuscript
submissions:
closed (15 January 2024)

Message from the Guest Editors

In childhood, physical activity is particularly important, not only for somatic health, but also for neurologic, emotional, and psychosocial development. In addition, healthy nutrition and regular sportive activities may reduce acquired cardiovascular risk factors (i.e., arterial hypertension, obesity, diabetes) that are commonly seen in the general population and that increase the risk of metabolic disease, stroke, and coronary artery disease.

Unfortunately, children with congenital heart disease have often reduced levels of physical activity, mainly due to overprotection from their parents and caregivers, teachers and sport trainers, and physicians and health care professionals as well as to misperceptions regarding the relative risks versus benefits of participation. This is often accompanied by unhealthy nutrition that results in a dangerous vicious cycle, which can only be suspended by a rigorous lifestyle modification.

The goal of this Special Issue is to better understand how nutrition, physical activity, and sports affect children and adolescents with congenital heart disease and to increase the available evidence related to this.



mdpi.com/si/125687

Special Issue



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Message from the Editor-in-Chief

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