



## The Epidemiology and Effects of Cardiovascular Risk Factors in Athletes

Guest Editors:

**Dr. Giuseppe Di Gioia**

**Dr. Maria Rosaria Squeo**

**Dr. Antonio Nenna**

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### Message from the Guest Editors

Dear Colleagues,

The number of people that exercise is continuously increasing worldwide thanks to preventive communication campaigns promoting a healthy lifestyle. Both in professional and recreational athletes, the cardiovascular risk profile and estimated protection of continuous exercise tend to be underestimated and undertreated, particularly in younger athletes. However, in last the few years, several studies on athletes have showed a concrete prevalence of hypertension, lipid disorders or less-studied alterations in metabolic parameters (i.e., iperuricemia, thyroid function, overweight metabolic consequences). Moreover, less have investigated environmental and clinical factors that need to be evaluated to better understand the influence of these factors on heart adaptation to exercise and reducing the future development of cardiovascular diseases. The aim of this Special Issue is to highlight the influence of cardiovascular risk factors on athlete's health and their performance in exercise.

Dr. Giuseppe Di Gioia  
Dr. Maria Rosaria Squeo  
Dr. Antonio Nenna  
*Guest Editors*





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*Journal of Clinical Medicine* Editorial  
Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland

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