



## Hydration Status and Cardiovascular Diseases

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### Message from the Guest Editors

Fluid overload is a common clinical feature in cardiovascular diseases and contributes to debilitating symptoms, worsened quality of life, and poor prognosis. The assessment and management of hydration are key nursing issues, and intervention on fluid balance is a principle for therapy of many cardiac disorders. Additionally, consequences of hypohydration may be harmful, causing limited exercise performance, cognitive dysfunction, orthostatic intolerance, or even acute organ hypoperfusion. The pathophysiology underlying fluid depletion or retention is complex and multifactorial, and can provoke augmented reflex sympatho-excitation in response to mismatch in fluid balance. From a clinical perspective, a precise assessment of volume and hydration status remains a significant challenge, particularly identifying the status of “euvoemia” following the treatment and nutritional strategy.

In this Special Issue, we aim to collect up-to-date studies presenting novel results and future perspectives in the area of hydration status in cardiovascular diseases. We welcome the submission of original research articles, reviews, and expert opinions.





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