A word from the Editor-in-Chief

It is well accepted that to tackle the increasing burden of coronary heart disease (CHD) prevention is the best strategy. Secondary prevention is a powerful modality to decrease cardiovascular mortality and morbidity. This issue of the journal has a State-of-the-art article on Secondary Prevention of CHD. The authors have emphasized that in spite of availability of low cost and effective pharmacologic intervention, the use of statins, beta blockers, ACE inhibitors, and aspirin is dismally low, especially in the rural sector of India. Several suggestions have been made to implement these secondary prevention strategies which need further work. Another interesting article in this issue is on whether triglycerides are risk factor for Indians. It is well recognized that South Asians have atherogenic dyslipidemia consisting of high triglycerides, low HDL, and raised small dense LDL particles. Though triglycerides are a controversial risk factor, more studies need to be done, especially in the Indian context.

The Original article is a small study showing high prevalence of metabolic syndrome, carotid intima medial thickness and low adiponectin in Indian patients with CHD suggesting a strong association of metabolic syndrome with CHD. However, larger studies are needed to confirm these findings and whether these parameters can help in the early detection of CHD. In the Nutritional section of this issue, dietary approach for management of dyslipidemia in Asian Indians is discussed. This article should be of special interest to the practitioners because South Asian dietary habits are different than in the western countries. The latest ACC guidelines on dyslipidemia management are also summarized in this issue. These new guidelines have raised several controversies. However, there is a need to develop dyslipidemia guidelines for South Asians also. In the Profiles in Preventive Cardiology short resume of Prof. Rajendra Tandon who had a sudden demise recently is presented. Prof. Tandon was a founder of Pediatric Cardiology in India and was an outstanding teacher and preventive cardiologist. He was an editorial advisor of the Journal of Preventive Cardiology. His untimely demise has created a huge void in the Indian cardiology and our journal.

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