

Editorial: exploration of the physiological effects of exercise in cardiovascular...

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Editorial on the Research Topic

Exploration of the Physiological Effects of Exercise in Cardiovascular Diseases

With the cost of treatment for cardiovascular (CV) diseases increasing exponentially every year ([Vandenberghe and Albrecht, 2019](#)) it is important to find adjunct therapies to compliment established treatments. These should be sufficiently effective to either reverse or slow-down the progression of these diseases and conditions, not only enhancing treatment, but also improving patients' quality of life. Exercise has been earmarked as one of the main lifestyle components that could be introduced in therapeutic interventions, as it is usually easy to implement by facilitators and be followed by clinical populations (i. e., [Klonizakis et al., 2018](#) ; [Mitropoulos et al., 2020](#)), offering also societal and quality of life benefits ([Kesterton et al., 2019](#)).

Nevertheless, exploring the physiological effects of exercise-based interventions is commonly neglected, with the main focus of studies being given to the interventions' therapeutic contribution. In addition, there is limited knowledge on the methods to either diagnose patients with some borderline diseases (or atypical symptoms) or to trace the efficiency of therapeutic approaches (in patients); to this end, new methods are emerging, helping to detect patients at risk or the response to exercise.

This Research Topic brings together contributions from researchers to advance our understanding as of how exercise affects the vascular

physiology of clinical populations, allowing us to take valuable lessons and transfer the gained knowledge further.

Klonizakis, M., Tew, G. A., Gumber, A., Crank, H., King, B., Middleton, G., et al. (2018). Supervised exercise training as an adjunct therapy for venous leg ulcers: a randomized controlled feasibility trial. *Br. J. Dermatol.* 178, 1072–1082. doi: 10.1111/bjd.16089

Mitropoulos, A., Gumber, A., Crank, H., Akil, M., and Klonizakis, M. (2020). Exploring the feasibility of an exercise programme including aerobic and resistance training in people with limited cutaneous systemic sclerosis. *Clin. Rheumatol.* 39, 1889–1898. doi: 10.1007/s10067-019-04921-7

Vandenberghe, D., and Albrecht, J. (2019). The financial burden of non-communicable diseases in the European Union: a systematic review. *Eur. J. Public Health* . 25: ckz073. doi: 10.1093/eurpub/ckz073