



## Introductory remarks

### *Notas introductorias*

Eduardo Meaney, MD, PhD\* Nayelli Nájera, PhD\* Guillermo Ceballos, MD, PhD\*

This text, named «Dyslipidemia, the deadly epidemic flagellum that harms the vessels and the heart» is the final product of the efforts of Dr. Edith Ruiz-Gastélum, Coordinator of the Dyslipidemias and Atherosclerosis Chapter of our Association, who led a group of hard-working academic-oriented cardiologists, endocrinologists, geneticists, basic scientists, and nutritionists, to review extensively and in depth, many basic, clinical, therapeutic and preventive aspects of lipid disorders, and their relationship with atherosclerotic cardiovascular diseases (ASCVD).

Once the infamous pandemic of COVID-19 finally fades away due to an extensive vaccination, the panendemic of some cardio-metabolic chronic degenerative diseases or conditions, as dyslipidemias, high blood pressure, obesity, diabetes, heart failure, and ASCVD, among others, still be there, attempting against the well-being, the health, the economy, and the happiness of humans. Very unfortunately, for these pathological conditions there is not the relatively simple preventive resource of a vaccine. Their control demands multiple actions from different actors, all united in a bundle of wills and coordinated efforts. What the human genre needs to knock-out these scourges are wise and brave public health policies from the executive branch of our governments, the legal support from the legislative branches and the judiciary power, the understanding and collaboration of food enterprises, the everlasting and fruitful alliance with the pharmaceutical and medical supplies industries, the collaboration from the mass media, the acceptance of the

whole civil society, and the therapeutic and preventive attitudes from all physicians and other estimable members of the health team (basic scientists, nurses, medical technicians, clinical chemists, nutritionists, geneticists, psychologists, etc.).

Lipidology is riding on the crest of a wave of constant renovation and innovation. Every day there are new discoveries about the molecular and pathophysiological bases of dyslipidemias and atherosclerosis, and new diagnostic and pharmacological tools. That spiral of progress forces the practitioner to be up to date, to provide patients with the best and most modern and scientific medicine. This is the intention of the courses about dyslipidemias organized by Dr. Ruiz-Gastélum, and that is indeed the purpose of this text. The more theoretical preparation that general practitioners and specialists should acquire, the greater the detection of patients with dyslipidemia and the better their clinical care and prognosis.

We wish to thank Dr. Ruiz-Gastélum for the trust she placed in us to carry out the technical and editing review of this text. Considering that in this field of medicine, as in others of human knowledge, there are no absolute truths, nor holders of supreme and irrefutable authority, and accepting naturally that there are areas of conflict and controversy, these editors always respected the central ideas of the authors. In consequence, each author is responsible for the concepts expressed freely in her or his text.

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\* Editing Committee.

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Sánchez, current President of ANCAM and Dr. Pedro Gutiérrez Fajardo, immediate past President. Both generously and in solidarity supported the efforts of this group.

Finally, last but not least, as the classics use to say, we want to express our appreciation to all authors for their exemplary performance and

dedication, and to our Medigraphic editors for their patience and collaborative spirit.

***Correspondence:***

**Eduardo Meaney, MD, PhD**

**E-mail:** lalitomini1@gmail.com