

Letter from the Editor-in-Chief

It was 18 years after the start of the century. The President of the United States was in increasing levels of political hot water. Russia was in conflict with Ukraine.

But it was 1918, not 2018. That year will be remembered for the rapid and nearly global spread of the Spanish Flu, using World War I troops returning home as unwitting viral vectors. It killed nearly 50 million people globally, including about 675,000 Americans.

That same year, 1918, was the last time that cardiovascular disease (CVD) was not the leading cause of death in the United States. By 1919, despite the high mortality from the pandemic, CVD regained the number one position and has held it for 100 years. And counting.

Based on dramatic improvements in CVD diagnosis and management, we assumed that by 2018, CVD mortality would have dropped to number 2, behind cancer deaths. But in 2015 it was clear that our obesity and diabetes epidemic was driving up CV mortality.

In 2018, we face another pandemic, as CVD is now the leading cause of death globally, not just in the US. Remarkably, the cure for the epidemic is right in front of us all. Most physicians, politicians, governments, and individual patients know that CVD is related to lifestyle—nutrition and exercise. But instead of preventing, we manage. Never cure, just mitigate. Why? Because of finance, culture, habit, and tradition.

We have excellent tools for prevention, but we settle for risk-factor control with medications and other partial measures. While most individual financial interests are not well-served by prevention, many of us envision a world where trillions of dollars are not spent on medical care that should never have been necessary, but rather on infrastructure, environment, education, and advancing science.

For this reason comes the *International Journal of Disease Reversal and Prevention* (IJDRP). The IJDRP will be dedicated to the mission of improving health by preventing and eliminating existing diseases. We hope to not only publish—but also to stimulate—research with such broad reaching implications in these thematic areas, that over the next couple of generations, the Journal itself will no longer be needed. The time is now. This is the path forward. This is the way out.

Join us?

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