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## Dietary Interventions against Age-Related Vascular Pathologies

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### Message from the Guest Editors

The number of adults above 65 years of age is rapidly increasing worldwide. Aging individuals are more likely to suffer from cardiovascular disease, hypertension, atherosclerosis, and heart pathologies. Along with aging, dietary habits are an important modulating factor that may affect a person's likelihood of developing cardiovascular disease. Growing evidence has shown that many deleterious dietary habits (i.e., the consumption of processed foods and high amounts of salt, sugar, and trans fats, etc.) can exacerbate cardiovascular aging and impair cellular function. Novel research in dietary and lifestyle interventions are critical in developing clinical strategies to delay vascular aging and prevent cardiovascular disease.

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# Special Issue



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