Foreword

The role of body composition in patients with heart failure has been the focus of attention in the past few years. Reduced lean mass, the best surrogate for skeletal muscle mass, is independently associated with abnormal cardiorespiratory fitness and muscle strength, leading to reduced quality of life and worse prognosis in patients with heart failure.

In the issue of the Journal, Salvatore Carbone et al report abnormalities related to the LM compartment, including skeletal and respiratory muscle mass abnormalities, and its consequences on cardiorespiratory fitness and muscle strength in patients with heart failure.

In addition, the authors discuss the potential implementation of non-pharmacological therapeutic strategies such as exercise and dietary interventions to target body composition, with a focus on heart failure.

I hope the readership enjoys this excellent and timely review.

Curr Probl Cardiol 2020;45:100701
0146-2806/$ – see front matter
https://doi.org/10.1016/j.cpcardiol.2020.100701