

## Lifestyle modifications for men with hypertension

### Guest Editor:



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Submissions deadline

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### Letter from Guest Editor:

Dear Colleagues:

It is an honor for me to be here as a guest editor of the official journal of the International Society of Men's Health. The *Journal of Men's Health* is a unique and excellent journal covering all aspects of men's health.

The prevalence of hypertension differs by sex; up to 64 years of age, a higher proportion of adult men have hypertension compared with adult women. The proportion of men with hypertension further increases after age 65, even though the proportion is lower than in women of the same age. Hypertension is a major cause of ischemic heart disease and stroke, the leading causes of death around the world. In addition, hypertension can worsen men's quality of life via erectile dysfunction. However, lifestyle modifications such as exercise training, dietary modifications or supplementation, smoking cessation, weight loss, stress management, and good sleep can decrease blood pressure in men with hypertension. Therefore, we have decided to publish a special issue called "Lifestyle modifications for men with hypertension" to discuss new insights into the effects of lifestyle modifications on hypertension in men.

All researchers in the field of lifestyle modifications to decrease blood pressure or prevent hypertension are welcome to submit their excellent work. This special issue is not limited to researchers in hypertension; it also welcomes submissions from researchers who study endothelial, autonomic, and endocrine function or other fields. I sincerely hope that many physicians, healthcare professionals, and researchers worldwide will eagerly access the special issue as both authors and readers and contribute to the development of more advanced, efficient, and effective lifestyle modifications for hypertension.

Yours,

Takeshi OTSUKI

**Key words:** Dietary habit, Dietary supplementation, Exercise training, Sleep, Smoking cessation, Stress management, Weight loss, Autonomic function, Endocrine function, Endothelial function, Erectile dysfunction, Sex difference

More information: <https://www.jomh.org/special-issues/1336858794766811136>

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