

**How are your New Year's resolutions holding up?** Make sure that cutting back on your drinking, quitting smoking and getting more exercise top the list. Such lifestyle changes go a long way towards warding off heart disease, one of the leading causes of death among adults around the world. In the meantime, medical researchers continue to gain more insight into what directly causes heart disease—discoveries that are helping them develop more effective treatments.

In this special online issue, Peter Libby explains the latest ideas about how blood vessels deteriorate in the case of atherosclerosis, and Rakesh K. Jain and Peter F. Carmeliet describe how, by manipulating angiogenesis, or the formation of new blood vessels, researchers may find drugs to treat the condition. Alternatively, other authors explore the history of defibrillation; operations to treat cardiac arrhythmias; new procedures for coronary bypass surgery; and, when all other interventions have failed, the use of artificial hearts.—*the Editors*

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