
Preface

To the readers, particularly the member of the Japanese Society for Hygiene, I am very pleased to forward this issue which I was requested to co-ordinate with the former editor-in-chief, Professor Toshiyuki Sakai and the present chief editor, Dr. Chiharu Tohyama.

Epidemiology focuses primarily on clarifying risk factors for epidemic diseases and determining measures to prevent these diseases. In this issue, there are two important review papers, one on the prevention of hypertension, a major cardiovascular risk factor (by Nakagawa H and Miura K, pp. 123-129), and the other on cancer prevention by lifestyle modification (by Hirose K and Tajima K, pp. 130-136). It is well known that lifestyle may influence both the occurrence and trends of a disease in a population. In this regard, reducing salt intake is the most important means of lowering blood pressure in the population and preventing hypertension. However, little is known concerning cancer prevention other than cessation of smoking. These two reviews provide insights on the importance of lifestyle into the epidemiology of certain diseases and I hope you find both reviews enjoyable and informative reading.

In addition, this issue contains five original papers on interventional studies. These papers address methodological issues, a newly developed tool for an intervention study using a population strategy (by Okamura T, et al., pp. 137-143 and Yosita K, et al., pp. 144-151), two types of smoking cessation programs (by Nakamura M, et al., pp. 152-160; Kadowaki T, et al., pp. 161-164), and the effect of cholesterol lowering interventions in persons with hypercholesterolemia (Okayama A, et al., pp. 165-169).

I hope that this issue may contribute to your future studies on epidemiology and prevention of disease.

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