

# Editorial Note

## Cardiorespiratory disease is the highest cause of disability

Entering its eleventh year, IJPMR continues to enhance its role as a research forum for professionals specializing in cardiorespiratory, musculoskeletal, neuromuscular, interventional pain, pediatrics, and geriatrics.

This edition presents 11 articles from diverse disciplines, each thoroughly reviewed by three experts in their respective fields. Our goal is for these articles to provide valuable insights, inspire readers, and serve as a reference for future studies.

In this issue, the articles predominantly focus on cardiovascular function and respiration, particularly in the elderly population. This emphasis is not surprising, as these diseases have been recognized to cause significant functional impairments. According to WHO, cardiovascular diseases (such as ischemic heart disease and stroke) and respiratory conditions (like chronic obstructive pulmonary disease) continue to be the leading causes of death, ranking first and second, respectively.

The rapid advancements in technology and medical science pose a challenge for healthcare professionals, particularly physiatrists, to discover innovative breakthroughs in addressing the functional limitations caused by these diseases, with the ultimate goal of enhancing the quality of life.

Cardiorespiratory rehabilitation is a complex, multi-component intervention that includes exercise training and increased physical activity, health education, cardiovascular risk management, and psychological support, tailored to the individual needs of patients with heart disease.

We invite contributions from authors to enrich the repertoire and progress of science, especially in the field of physical medicine and rehabilitation.

We hope the writing in this edition can inspire all of us.

**Rita Vivera Pane**

*Medical Staff*

*Department of Physical Medicine and Rehabilitation,*

*Faculty of Medicine Universitas Nahdlatul Ulama Surabaya*