



Novel Antioxidant Mechanisms and Lifestyle Interventions for the Management of Oxidative Stress in Obesity and Related Adverse Health Effects

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Message from the Guest Editors

Obesity and oxidative stress (OxS) exacerbates obesity by altering fat cells' plasticity, the mechanism of activation of the hypothalamic satiety center, and worsening chronic inflammation. OxS is a crucial factor that leads to the development of inflammation and subsequent metabolic syndrome.

Lifestyle plays an important role in promoting or counteracting OxS onset and, consequently, the risk of obesity, diabetes, and cardiovascular disease. While excessive consumption of energy-rich foods and sedentary lifestyle promote OxS, healthy diet and physical exercise are associated with significant reduction in the risk of ROS overproduction. Lifestyle modification and innovative antioxidant strategies represent a promising and effective approach in managing obesity and related comorbidities.

In this Special Issue, we will discuss the latest advances in the knowledge on oxidative stress mechanisms involved in obesity and in obesity-associated comorbidities, and we will analyze preclinical and clinical data focusing on therapies aiming to counteract obesity oxidative stress.





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Message from the Editor-in-Chief

It has been recognized in medical sciences that in order to prevent adverse effects of "oxidative stress" a balance exists between prooxidants and antioxidants in living systems. Imbalances are found in a variety of diseases and chronic health situations. Our journal *Antioxidants* serves as an authoritative source of information on current topics of research in the area of oxidative stress and antioxidant defense systems. The future is bright for antioxidant research and since 2012, *Antioxidants* has become a key forum for researchers to bring their findings to the forefront.

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