

Special Issue

The Role of Nutrition and Exercise in the Prevention and Treatment of Oxidative Stress-Associated Diseases—2nd Edition

Message from the Guest Editor

The incidence of non-communicable chronic diseases (NCDs) has reached epidemic proportions, remaining the leading causes of morbidity and mortality worldwide. Accordingly, the identification of effective strategies for the prevention and management of NCDs is of critical importance to public health. Many common chronic conditions are closely linked to systemic inflammation and increased oxidative stress. In this context, lifestyle interventions, including those based on exercise and diet, have been shown to play a pivotal role in mitigating oxidative damage and improving overall health outcomes. Notably, improved physical fitness and a proper diet can help to reduce disease risk, lower medication use, and enhance quality of life in individuals with chronic issues. Our goal is to present new discoveries in the field that contribute to the advancement of innovative, evidence-based exercise and nutrition approaches for the prevention and treatment of oxidative stress-related chronic diseases.

Guest Editor

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About the Journal

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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