

Special Issue

The Role of Nutrition and Exercise in the Prevention and Treatment of Oxidative Stress-Associated Diseases

Message from the Guest Editors

Over the last decades, non-communicable chronic diseases (NCDs) have been dramatically increasing in their prevalence and constitute the most common causes of death around the globe. Therefore, the exploration and development of effective measures to prevent and control NCDs have become an important public health issue. Many of the most common chronic diseases, such as cardiovascular disease, type 2 diabetes and cancer, are associated with increased inflammation and oxidative stress. In this context, it is well accepted that lifestyle habits, including nutrition and physical activity, play a key role in the prevention of chronic conditions. Moreover, nutritional modifications and targeted exercise interventions are crucial cornerstones in NCD treatment, and both a proper diet and regular exercise can help reduce medication needs and improve the quality of life in patients with a variety of chronic issues. The goal of this Special Issue is to provide an updated overview and new knowledge on the role of nutrition, physical activity and exercise in the prevention and treatment of oxidative stress-related NCDs.

Guest Editors

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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.

Editor-in-Chief

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