

Special Issue

Physiology and Pathophysiology of Obesity

Message from the Guest Editor

Obesity is a major public health concern as it increases the risk of developing chronic diseases such as type 2 diabetes, heart disease, stroke, and some cancers. Lifestyle interventions such as dietary changes, physical activity, and behavioral therapy are the first-line treatment for obesity. Among them, diet plays a paramount role in shaping the physiology and pathophysiology of obesity, exerting profound effects on both its development and progression. The intricate interplay between dietary intake and metabolic processes influences energy balance, adipose tissue function, hormonal regulation, and systemic inflammation. Therefore, understanding the impact of diet on the development and treatment of obesity is fundamental for the design of effective strategies. This Special Issue aims to present a compilation of research focusing on the treatment effects of dietary interventions, as well as the pathophysiological mechanisms underlying obesity and its associated comorbidities.

Guest Editor

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Deadline for manuscript submissions

31 December 2025



Biology

an Open Access Journal
by MDPI

Impact Factor 3.5
CiteScore 7.4
Indexed in PubMed



mdpi.com/si/201165

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