

## Special Issue

# Obesity Treatment, Metabolic Disorders and Diet

### Message from the Guest Editor

Metabolic disorders such as obesity, insulin resistance, and diabetes are the most common diseases in the present scenario, and these are associated with various cancers. Lifestyle changes, gut microflora dysbiosis, leads to inflammation and disease progression which alters intestinal homeostasis. Gut microbiota plays a prominent role in ameliorating obesity and its associated disorders, including cancers. Therefore, treatment of metabolic syndromes via diet, functional foods, milk products, and pre- and probiotics would be beneficial. Therefore, we are pleased to invite you to contribute research and review articles to this Special Issue, including but not limited to the following:

1. Obesity management via fiber, pre-, and probiotics and functional foods;
2. Targeting the gut microbiota in obesity-associated metabolic diseases and cancers;
3. Current challenges associated with obesity and its associated disorders;
4. Therapeutic approaches to target obesity-associated cancer;
5. Gut–brain axis to modulate metabolic diseases;
6. Animal and clinical studies.

---

### Guest Editor

Dr. Ramesh Pothuraju

Department of Biochemistry and Molecular Biology, University of Nebraska Medical Center, Omaha, NE 68198, USA

---

### Deadline for manuscript submissions

closed (1 December 2023)



## Healthcare

---

an Open Access Journal  
by MDPI

---

Impact Factor 3.4  
CiteScore 5.5  
Indexed in PubMed



[mdpi.com/si/151303](https://mdpi.com/si/151303)

*Healthcare*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[healthcare@mdpi.com](mailto:healthcare@mdpi.com)

[mdpi.com/journal/  
healthcare](https://mdpi.com/journal/healthcare)





# Healthcare

---

an Open Access Journal  
by MDPI

---

Impact Factor 3.4  
CiteScore 5.5  
Indexed in PubMed



[mdpi.com/journal/  
healthcare](https://mdpi.com/journal/healthcare)



## About the Journal

### Message from the Editor-in-Chief

*Healthcare* is an international, peerreviewed, open access, multidisciplinary journal. Original research articles, short communications, review articles, and symposium highlights are welcomed.

*Healthcare* hopes to influence global health and disease aspects, and hopes to gain high visibility and acceptance by the scientific and healthcare community and will dedicate itself to covering special and specific topics in special issues.

We would be pleased to welcome you as one of our authors.

---

### Editor-in-Chief

Prof. Dr. Lorraine S. Evangelista

Sue & Bill Gross School of Nursing, University of California, Irvine, CA  
92697, USA

---

### Author Benefits

#### High Visibility:

indexed within Scopus, SCIE and SSCI (Web of Science), PubMed, PMC, and other databases.

#### Journal Rank:

JCR - Q1 (Health Policy and Services) / CiteScore - Q1 (Leadership and Management)

#### Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 21.5 days after submission; acceptance to publication is undertaken in 2.9 days (median values for papers published in this journal in the first half of 2026).