

Special Issue

Metabolic Diseases and Their Prevention

Message from the Guest Editor

Metabolic diseases can be classified according to many features: etiology, course, or type of metabolic reactions affected by the defect. We have no influence on some metabolic diseases (such as phenylketonuria); however, there are metabolic diseases that largely depend on our lifestyle, primarily our diet and physical activity—type II diabetes and increased LDL cholesterol (as well as other lipid disorders) are metabolic diseases that, in most cases, result from many years of neglect. They are among the conditions that, when present together, make up metabolic syndrome:

- Type II diabetes (increased blood glucose);
- Increased levels of triglycerides;
- Lowered HDL cholesterol (the so-called good cholesterol);
- Increased blood pressure;
- Abdominal obesity.

Moreover, metabolic syndrome increases the risk of cardiovascular diseases and worsens their course. We invite authors to submit manuscripts on the epidemiology of metabolic diseases, principles of prevention (with particular emphasis on the impact of diet and physical activity), and treatment options. We want to focus on both adults and children.

Guest Editor

Prof. Dr. Anna Garus-Pakowska

Department of Nutrition and Epidemiology, Medical University of Łódź,
90-419 Łódź, Poland

Deadline for manuscript submissions

closed (31 May 2024)



International Journal of Environmental Research and Public Health

an Open Access Journal
by MDPI

CiteScore 8.5
Indexed in PubMed



mdpi.com/si/151416

*International Journal of
Environmental Research and
Public Health*
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
ijerph@mdpi.com

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





International Journal of Environmental Research and Public Health

an Open Access Journal
by MDPI

CiteScore 8.5
Indexed in PubMed



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



About the Journal

Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Scientific discoveries and advances in this research field play a critical role in providing a rational basis for informed decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards.

IJERPH provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality peer-reviewed journal.

Editor-in-Chief

Prof. Dr. Paul R. Ward

School of Society and Culture, Adelaide University, Adelaide 5001,
Australia

Author Benefits

Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility:

indexed within Scopus, PubMed, MEDLINE, PMC, Embase, GEOBASE, CAPlus / SciFinder, and other databases.

Journal Rank:

CiteScore - Q1 (Public Health, Environmental and Occupational Health)