



## Inflammatory Bowel Disease (IBD): Clinical Diagnosis and Treatment

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### Message from the Guest Editors

Inflammatory bowel diseases (IBDs) are characterized by the chronic inflammation of the gastrointestinal tract, with two main clinical manifestations: Crohn's disease and ulcerative colitis. This gastrointestinal tract inflammation leads to symptoms such as bleeding, abdominal pain, diarrhea. Among the factors involved in the pathogenesis of these diseases, genetics, dysregulation in the intestinal microbiota, and environmental factors, such as diet and physical inactivity, stand out. Alternative therapies have been sought to alleviate intestinal discomfort, and physical exercise, dietary interventions, and nutritional supplements can bring benefits, which include improving the composition of the microbiota, the intestinal tract, and its antioxidant as well as anti-inflammatory action. This research topic aims to bring a collection of papers that approach the clinical diagnosis and treatment of IBDs. We welcome the submission of manuscripts, including, but not limited to, those on the following topics: the clinical diagnosis of IBDs; the effect of exercise or nutrition on IBDs; microbiota and IBDs; the effect of body composition on IBDs.

Deadline for manuscript submissions:

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