

## Special Issue

# Effects of Lifestyle Factors and Exercise on Brain Plasticity and Underlying Neurobiological Mechanisms

### Message from the Guest Editor

For an upcoming Special Issue in the *Journal of Clinical Medicine*, we invite investigators to contribute perspectives, reviews, and original research articles. Potential topics may include, but are not limited to:

- Effects of multimodal lifestyle interventions on cognition and brain plasticity;
- Effects of acute and chronic physical activity on cognition and brain plasticity;
- Neurobiological mechanisms of exercise-induced neuroplasticity;
- Effects of diet on cognition and brain plasticity;
- Effects of dietary supplements on cognition and brain plasticity;
- Role of lifestyle factors (e.g., sleep, stress, education) on cognition and brain plasticity;
- Role of multimodal lifestyle interventions in dementia prevention;
- Role of exercise in childhood development.

### Guest Editor

Dr. Patrick Müller

German Center for Neurodegenerative Diseases (DZNE),  
Neuroprotection Lab, Magdeburg, Germany

### Deadline for manuscript submissions

closed (31 December 2020)



## Journal of Clinical Medicine

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Impact Factor 2.9  
CiteScore 5.2  
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## About the Journal

### Message from the Editorial Board

There has been an explosion of gene and target based research and therapeutics in the multitude of fields that compose clinical medicine. The *Journal of Clinical Medicine's* (JCM) staff and editorial board are dedicated to providing cutting edge, timely, and peer-reviewed articles covering the diverse subspecialties of clinical medicine. The journal publishes concise, innovative, and exciting research articles as well as clinically significant articles and reviews that are pertinent to the myriad of disciplines within medicine. The articles published are relevant to both primary care physicians and specialists. The journal's full-texts are archived in PubMed Central and indexed in PubMed. Please consider submitting your manuscripts for publication to our journal and check us out on-line!

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manuscripts are peer-reviewed and a first decision is provided to authors approximately 17.7 days after submission; acceptance to publication is undertaken in 2.7 days (median values for papers published in this journal in the first half of 2025).