

## Special Issue

# New Clinical Insights into Exercise, Obesity, and Diabetes

### Message from the Guest Editors

With the introduction of new drugs for the treatment of obesity that have comparable results to bariatric surgery for weight loss, there is a need to rethink procedures, guidelines, and models of intervention. New approaches may impact obesity-related metabolic diseases, including type 2 diabetes, and may have an overall impact on health, advising a broader reflexion than just the weight loss alone. Lifestyle-change interventions, including physical activity and exercise, have been considered the base of the pyramid for obesity management and treatment for many years. On the verge of newly available tools for the treatment and management of obesity, and considering that that physical activity and exercise have shown consistently moderate results for weight loss, new models are being suggested for the treatment of obesity, underscoring psychological treatment, pharmacological treatment, and surgery as the pillars for obesity treatment. This Special Issue aims to publish scientific articles related to the latest scientific evidence available on Clinical Insights into Exercise, Obesity, and Diabetes.

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### Guest Editors

Dr. Hugo Gonçalo Duarte Louro

Dr. Nuno M. Pimenta

Dr. Ana Conceição

Dr. Luis Leitão

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### Deadline for manuscript submissions

closed (30 August 2025)



## Journal of Clinical Medicine

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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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