

Special Issue

Inflammatory Bowel Disease (IBD): Clinical Diagnosis and Treatment

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.

Guest Editors

Dr. Moisés Tolentino B. Da Silva

Laboratory of Physiology, Center for Drug Discovery and Innovative Medicines (MedInUP)/RISE-Health: Health Research Network, Department of Immuno-Physiology and Pharmacology, School of Medicine and Biomedical Science—University of Porto (ICBAS-UP), 4050-313 Porto, Portugal

Dr. Isabel Silva

Laboratory of Pharmacology and Neurobiology, Department of Immuno-Physiology e Pharmacology, Institute of the Biomedical Science Abel Salazar, (ICBAS), School of Medicine and Biomedical Sciences, Center for Drug Discovery and Innovative Medicines (MedInUP), University of Porto, Porto, Portugal

Deadline for manuscript submissions

closed (12 June 2025)



Journal of Clinical Medicine

an Open Access Journal
by MDPI

Impact Factor 2.9
CiteScore 5.2
Indexed in PubMed



mdpi.com/si/204497

Journal of Clinical Medicine
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
jcm@mdpi.com

mdpi.com/journal/

[jcm](https://www.mdpi.com/journal/jcm)





Journal of Clinical Medicine

an Open Access Journal
by MDPI

Impact Factor 2.9
CiteScore 5.2
Indexed in PubMed



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

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



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!

Editors-in-Chief

Prof. Dr. Emmanuel Andr  s

Internal Medicine Department, University Hospital Strasbourg, 67081
Strasbourg, France

Prof. Dr. Kent Doi

Department of Emergency and Critical Care Medicine, The University of
Tokyo, Tokyo, Japan

Author Benefits

High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, PMC, Embase, CAPlus / SciFinder, and other databases.

Journal Rank:

JCR - Q1 (Medicine, General and Internal) / CiteScore - Q1 (General Medicine)

Rapid Publication:

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).