Message from the Guest Editor

Dear Colleagues,

Everyone agrees that correcting unhealthy lifestyle habits is the first intervention to be performed on the patient who is suffering from one or more chronic diseases. Interventions to encourage cigarette-smoking cessation, the adoption of a healthy dietary regimen, fighting a sedentary habit, reducing the alcohol intake, adequate hydration, stress control, and many other factors are numerous pieces of this complex puzzle. There is therefore a strong need to gather information from targeted research aimed at investigating the effects of new approaches designed to improve lifestyles toward specific high-impact chronic diseases (obesity, diabetes mellitus, hypertension, heart failure, chronic obstructive pulmonary disease (COPD), non-alcoholic steatohepatitis (NASH), etc.) as well as in patients with multimorbidities. These are the prerequisites of this Special Issue from which I expect we can fill knowledge gaps on many still poorly defined issues that will help provide more precise indications to improve the life of many patients with chronic diseases.
Editor-in-Chief

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Message from the Editor-in-Chief

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