

## Special Issue

# Lifestyle Interventions to Prevent Kidney Diseases

### Message from the Guest Editors

Chronic kidney disease (CKD) affects around 10% of the global population and comes with a major burden to both individual CKD patients and healthcare systems. Particularly, CKD is one of the strongest independent risk factors for cardiovascular morbidity and mortality. Over the last few decades, strategies to prevent and treat CKD have largely focused on pharmacological interventions. However, while this approach has provided answers for individual disease settings, the general problem of CKD remains. Lifestyle interventions—including dietary recommendations and physical exercise—have been shown to harbor huge potential for beneficial effects on kidney health and the resulting comorbidities. This great opportunity has not been fully exploited to date. This Special Issue on “Lifestyle interventions in Kidney Health and Disease” aims to provide an overview on the current knowledge in this field and an outlook towards new research questions. Increasing awareness of the power of lifestyle interventions and creating a setting in which these can be implemented in everyday life is an important goal to improve outcomes for kidney disease patients.

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### Guest Editors

Prof. Dr. Roman-Ulrich Müller  
Dr. Sharlene A. Greenwood  
Dr. Ellen M. Castle

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### Deadline for manuscript submissions

closed (22 March 2022)



## Kidney and Dialysis

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## About the Journal

### Message from the Editor-in-Chief

In recent years, we have been witnessing dramatically increased interest in the treatment of chronic kidney disease, e.g., diabetic kidney disease, glomerular disease, or autosomal dominant polycystic kidney disease, but also aimed more generally on the progression of chronic kidney disease and the complications of chronic kidney disease, such as anemia, or hyperkalemia. This progress has led to changing paradigms as reflected by several recently published KDIGO guidelines which now need to be updated much more frequently than before. To personalize treatment, we also need better diagnostic methods, including validated biomarkers reflecting the activity of the disease (including response to treatment) and predicting outcomes.

*Kidney and Dialysis* aims to cover most of these areas not only in terms of feature reviews, but also original articles, and to keep the reader updated on recent progress in nephrology and dialysis.

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### Editor-in-Chief

Prof. Dr. Francesco Locatelli

Former Director, Department of Nephrology and Dialysis, Alessandro Manzoni Hospital, 23900 Lecco, Italy

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