Special Issue

Diabetes, Lifestyle and Genetics

Message from the Guest Editors

The prevalence of diabetes has risen dramatically for decades, being one of the most important health problems in modern society. According to the WHO, 422 million people worldwide have diabetes, and 1.6 million deaths are directly attributed to diabetes each year. The presence of diabetes could lead to serious long-term complications, such as cardiovascular disease, diabetic retinopathy, or kidney failure. The current obesogenic environment, favoring non-healthy food intake, physical inactivity, and circadian misalignment (a mismatch between endogenous circadian rhythms and behavior) is a major driver of the growing diabetes epidemic. In addition, genetic variants in specific genes exhibit significant associations with diabetes, although the underlying mechanisms have not been fully elucidated. With these premises, the need arises for more exhaustive approaches focused on the study of lifestyle factors—mainly diet, physical activity, or sleep patterns— or genetic factors in diabetes, as well as the interaction between both to rigorously predict the risk of developing diabetes and optimize its treatment once diagnosed.

Guest Editors

Dr. Rocío Barragán

1. Department of Preventive Medicine and Public Health, School of Medicine, University of Valencia, 46010 Valencia, Spain
2. CIBER Fisiopatología de la Obesidad y Nutrición, Instituto de Salud Carlos III, 28029 Madrid, Spain
3. Sleep Center of Excellence, Department of Medicine, Columbia University Irving Medical Center, New York, NY 10032, USA
4. Division of General Medicine, Department of Medicine, Columbia University Irving Medical Center, New York, NY 10032, USA

Prof. Dr. Dolores Corella

1. Department of Preventive Medicine and Public Health, School of Medicine, University of Valencia, 46010 Valencia, Spain
2. CIBER Fisiopatología de la Obesidad y Nutrición, Instituto de Salud Carlos III, 28029 Madrid, Spain

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Editor-in-Chief

Prof. Dr. Edgaras Stankevičius
Medical Academy, Lithuanian University of Health Sciences, Kaunas, Lithuania

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