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Nutrition Challenges for Middle-Aged and Older Women

Guest Editor:

Prof. Masakazu Terauchi

Department of Women's Health,
Institute of Science Tokyo, Tokyo,
Japan

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Message from the Guest Editor

During the menopausal transition and postmenopausal periods, women are affected by a variety of symptoms, such as hot flashes, night sweats, vaginal dryness, depression, anxiety, and insomnia. Non-specific somatic symptoms are also common, including muscle and joint pain, tiredness, and dizziness. Some of these effects (particularly vasomotor symptoms and vaginal atrophy) are closely associated with estrogen deficiency, but the exact mechanisms underlying the other symptoms are not fully understood.

Postmenopausal women are also at increased risk of cardiovascular morbidity as a net effect of central obesity, dyslipidemia, hypertension, and diabetes, as well as for osteoporosis, cognitive decline, and genitourinary syndrome of menopause.

In this Special Issue of *Nutrients*, we would like to bring together manuscripts dealing with the topic of “Nutrition Challenges for Middle-Aged and Older Women”. Topics may include dietary interventions with foods, altered nutrient intake or food supplements, and specific dietary pattern interventions, such as the Mediterranean Diet or calorie restriction, in humans.



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1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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Nutrients Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

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