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Dietary Strategies for Cerebrovascular Health: Prevention, Treatment, and Risk Factors

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Message from the Guest Editors

Cerebrovascular diseases, including ischemic as well as hemorrhagic strokes and vascular cognitive impairment, are leading global causes of mortality and disability. Diet, an easily modifiable risk factor, offers promise for prevention and treatment. From nutritional supplements to altering food quantity, composition, and timing, dietary interventions hold potential in managing cerebrovascular, neurological, and neurodegenerative diseases. Time-restricted eating and intermittent fasting have garnered recent interest for their potential to alleviate cerebrovascular disorders by reducing oxidative stress, inflammation, and enhancing neuroprotection; however, rigorous experimental, epidemiological, and clinical studies are needed to establish their effectiveness and mechanisms.

We invite original research articles and reviews to advance our understanding of dietary strategies for cerebrovascular health. Contribute to this vital conversation and help shape the future of cerebrovascular disease management. For submission guidelines and more information, visit https://www.mdpi.com/journal/nutrients/special_issues/V06



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