



## The Role of Diet in Menopause and Andropause

Guest Editors:

**Prof. Dr. Marcello Maggio**

Geriatric Clinic Unit, Department  
of Medicine and Surgery,  
University of Parma, 43126  
Parma, Italy

**Prof. Dr. Maurizio Muscaritoli**

Department of Translational and  
Precision Medicine, Sapienza  
University, 00185 Rome, Italy

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### Message from the Guest Editors

With advancing age, there are many alterations in the endocrine system, which may ultimately change human physiology and body composition both in women and in men, influencing the growth of muscle and bone and regulating the metabolism. Among the factors that can modulate hormone secretion, there are diet and exercise, two of the few known lifestyle-related features that can be modified. Although limited data exist about whether dietary modifications can affect fat distribution during menopausal transition, evidence suggests that continuous and regular exercise may be more efficacious than dietary intervention and that these two determinants act synergistically for the promotion of a healthy body composition profile, characterized by the preservation of lean mass and a significant decrease in body fat. However, the physiological effects of physical activity and exercise on glucoregulatory hormones in elderly subjects are relatively understudied, and further research is necessary to elucidate whether physical exercise together with diet can act as a countermeasure to endocrinological and body composition-related modifications occurring during the process of aging.





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## Editors-in-Chief

### **Prof. Dr. Lluís Serra-Majem**

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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