

Special Issue

Nutrition, Lifestyle and Treatment in Patients with Hypercholesterolemia

Message from the Guest Editor

Lifestyle factors, including physical activity and nutrition, play a significant role in controlling cholesterol levels and improving heart health. Nutritional research, in particular, provides insights into how specific foods—like those rich in fibre, healthy fats, and antioxidants—can lower low-density lipoprotein (LDL) cholesterol and support cardiovascular health. Additionally, treatment research, encompassing both pharmacological approaches (such as statins and PCSK9 inhibitors) and alternative therapies, helps determine the most effective interventions for individuals who may not achieve optimal cholesterol levels through lifestyle changes alone. Understanding how each of these areas contributes to cholesterol management enables healthcare providers to create personalized, holistic plans that address the root causes of hypercholesterolemia and prevent the progression of cardiovascular diseases. For this Special Issue, we wish to receive original data, meta-analyses, or systematic reviews showing the effects of lifestyle (nutrition, exercise) on hypercholesterolemia or on cardiometabolic risk factors in patients with hypercholesterolemia.

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Deadline for manuscript submissions

5 February 2026



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/223599

Nutrients
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About the Journal

Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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