

Special Issue

Explore the Effects of Nutrition and Exercise on Metabolic Diseases

Message from the Guest Editors

Metabolic diseases, including obesity and type 2 diabetes, are deeply intertwined with numerous health conditions. Type 2 diabetes accelerates atherosclerosis, increasing the risk of cardiovascular diseases such as myocardial infarction and hypertension, and also leads to kidney failure due to diabetic nephropathy. Metabolic syndrome, by significantly elevating cardiovascular risk through hypertriglyceridemia and visceral obesity, often precedes type 2 diabetes and is linked with hepatic steatosis. Obesity drives cardiovascular problems like hypertension and atherosclerosis due to dyslipidemia and increases the risk of several cancers, nonalcoholic fatty liver disease, and renal insufficiency.

Hyperlipidemia contributes to atherosclerosis, raising the likelihood of heart attacks and strokes, and is tied to insulin resistance and obesity. Addressing these intricate connections involves integrated strategies such as weight control, balanced diet, regular exercise, and medical monitoring. This Special Issue seeks to explore innovative solutions focused on diet and physical activity to tackle these metabolic health challenges and improve overall health outcomes.

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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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