

Special Issue

The Interconnection Between Pharmacological and Nutritional Treatment in Chronic Non-Communicable Diseases

Message from the Guest Editors

The integration of pharmacological and nutritional interventions is now central to managing chronic non-communicable diseases. Evidence indicates that the therapeutic response to drugs used for the treatment of diabetes mellitus, arterial hypertension, chronic kidney disease, dyslipidemia, and cardiovascular diseases is significantly modulated also by the patient's nutritional status and dietary patterns. For instance, a high intake of soluble dietary fiber improves insulin sensitivity and can potentiate the effects of oral hypoglycemic agents, while nutritional sodium restriction has been shown to enhance the efficacy of antihypertensive drugs. Conversely, specific nutrients may interfere with drug absorption, metabolism, or excretion, thereby altering pharmacokinetics and reducing clinical effectiveness. This underscores the need for integrated assessment when designing treatment protocols. A combined, evidence-based approach reduces adverse events, optimizes therapeutic outcomes, and supports personalized medicine strategies. In this context, close collaboration among physicians and nutritionists is essential to ensure comprehensive and sustainable management of NCDs.

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Message from the Editor-in-Chief

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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