

## Special Issue

# Insulin Resistance and Related Diseases: From Pathophysiology to Clinical Management

### Message from the Guest Editors

Insulin resistance is the impairment of the physiological response to insulin stimulation in many target tissues. Mounting evidence demonstrates that insulin resistance paves the way for several diseases—that is, severe obesity, diabetes, non-alcoholic fatty liver disease, polycystic ovary syndrome, dyslipidemia, hypertension, and atherosclerosis. Nevertheless, emerging evidence suggests a role also in overlooked diseases, such as mental disorders. Alterations in glucose and lipid metabolism, insulin sensitivity and secretion could be the main targets in order to address the prevention and management of these diseases. Therefore, this Special Issue will focus comprehensively on all determinants of insulin resistance, including genetic and epigenetic factors, hormones, inflammation, and environmental factors (diet, physical activity, and endocrine disruptors). We encourage investigators to contribute either original research articles or review articles focusing on the variety of molecular mechanisms as well as therapeutic strategies that can influence insulin resistance.

### Guest Editors

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### Deadline for manuscript submissions

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### 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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