

## Special Issue

# Nutrition and Lifestyle Behaviours for the Prevention and Management of Multiple Sclerosis

### Message from the Guest Editors

Multiple sclerosis (MS) is a chronic, immune-mediated, neurodegenerative disease that affects over 2.9 million people worldwide. In recent years, lifestyle behaviours have gained much interest in the MS community for their role in improving wellness and managing symptoms. However, given the current inconsistency in this emerging field, many questions remain, including the role of lifestyle behaviours in the prevention of MS, the impact of lifestyle behaviours on disease progression, the mechanisms by which lifestyle behaviours improve outcomes, and the role of lifestyle behaviours in the clinical management of MS, among others. This Special Issue seeks to advance our knowledge regarding lifestyle behaviours and MS. Particularly, studies are sought related to the identification or implementation of health behaviour management approaches, including but not limited to diet, supplementation, physical activity, stress management, sleep, and smoking avoidance. Original research (including trials, observational studies, qualitative studies, animal models, etc.) and reviews (systematic, scoping, narrative, etc.) are eligible for submissions.

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### Deadline for manuscript submissions

closed (15 February 2025)



## Nutrients

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Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



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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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