

## Special Issue

# Modifying the Progress and the Quality of Life of COPD Patients by Nutrition

### Message from the Guest Editor

Chronic systemic inflammation, extrapulmonary comorbidities, variable/poor appetite, low energy intake, and increased nutritional needs tend to push the energy balance into the catabolism in chronic obstructive pulmonary disease (COPD) patients. Sarcopenia, weight loss, low body mass index (BMI), and low fat-free mass (FFM) highlight the need for early complex dietary interventions, oral nutritional supplements, and supplementation with specific nutrients (e.g., vitamins, antioxidants, minerals, polyunsaturated fatty acids). We need to focus on the suppression on systemic inflammation and oxidative stress in COPD, which has consequences for the exacerbation rate, quality of life, and survival of patients. Special nutrients may also be needed to compensate for energy and protein deficiencies and improve the physiological processes in patients with malnutrition/cachexia participating in a pulmonary rehabilitation program. A patient's exercise tolerance, respiratory function, and quality of life will also improve if the nutritional condition of the patients improve, as it has an additive effect.

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### Deadline for manuscript submissions

closed (15 March 2025)



## Nutrients

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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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