

## Special Issue

# Body Composition Changes, Nutritional Status and Optimizing Preoperative Metabolic Condition in Patients with Colorectal Cancer

### Message from the Guest Editor

A lifestyle of chronic positive energy balance results in too much fat accumulation and the development of chronic diseases like hypertension, cardiovascular disease, type 2 diabetes, and colorectal cancer. Current understanding of the pathobiology of chronic diseases and cancer increasingly points to a chronic proinflammatory systemic state induced by visceral obesity. Low muscle mass and muscle quality accompany visceral obesity with an additional negative impact on surgical and oncological outcomes. The rapid time sequence between diagnosis and surgical resection allows for little possibility for intervention to improve metabolic responses. This Special Issue will focus on characterizing the metabolic–nutritional status in colorectal cancer patients in relation to changes in body composition. An additional focus lies upon the question of whether nutritional intervention alone or in combination with a prehabilitation program that focuses on improving muscle strength will change metabolic inflammatory responses and early and long-term outcomes in colorectal cancer patients.

### Guest Editor

Dr. Alexander P. J. Houdijk

Department of Surgery, Northwest Clinics, Alkmaar, The Netherlands

### Deadline for manuscript submissions

closed (5 December 2024)



## Nutrients

an Open Access Journal  
by MDPI

Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



[mdpi.com/si/205504](https://mdpi.com/si/205504)

*Nutrients*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[nutrients@mdpi.com](mailto:nutrients@mdpi.com)

[mdpi.com/journal/  
nutrients](https://mdpi.com/journal/nutrients)





# Nutrients

---

an Open Access Journal  
by MDPI

---

Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



[mdpi.com/journal/  
nutrients](https://mdpi.com/journal/nutrients)



## 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.

---

### Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (UIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

---

### Author Benefits

#### Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

#### High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

#### Journal Rank:

JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)