

Special Issue

Nutrition, Dietary Patterns, and Biochemical Mechanisms in Endometriosis

Message from the Guest Editor

Endometriosis is a chronic, estrogen-dependent inflammatory disease with complex pathophysiology involving hormonal, immunological, and metabolic pathways. While current treatments focus primarily on hormonal regulation and surgical intervention, increasing attention is being directed toward the role of nutrition in modulating disease risk, progression, and symptomatology. This Special Issue aims to explore the biochemical and physiological interactions between diet and endometriosis. Contributions may address the influence of specific macro- and micronutrients, dietary patterns (e.g., anti-inflammatory, Mediterranean, low-FODMAP), nutraceuticals, and the gut-immune-endocrine axis. Of particular interest are studies elucidating the molecular and metabolic mechanisms by which dietary components affect oxidative stress, prostaglandin synthesis, estrogen metabolism, immune modulation, and chronic inflammation in endometriosis. For this Special Issue, we welcome original research, systematic reviews, and mechanistic studies in both clinical and preclinical models, with the aim of advancing a nutritionally integrated perspective on endometriosis.

Guest Editor

Dr. Marika Cordaro

Department of Biomedical, Dental and Morphological and Functional Imaging, University of Messina, Via Consolare Valeria, 98125 Messina, Italy

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Nutrients
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

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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.

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

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