

## Special Issue

# Nutrition and Lifestyle in Gynecological Diseases

### Message from the Guest Editors

The pathologies of the genital tract in women are different. Very important factors in their epidemiology are, among other things, the nutrition and lifestyles of women. The pathologies not only comprise malignant and benign gynecological tumors, but also hormonal dysfunctions and their consequences (i.e., infertility, endometriosis, PCOS, and metabolic syndrome). Diets and lifestyles are modifiable factors, and changes in these factors may diminish the frequency of diseases as well as their courses, in addition to facilitating conventional treatment. This Special Issue aims to promote knowledge and studies focusing on correlations between gynecological disorder risk, their treatment, and diets. Natural substances represent a promising strategy of action in the prevention, treatment, and management of gynecological pathologies. Studies on the subject of the use of dietary components in the management of menopause, infertility, and obstetric outcomes are also welcome.

---

### Guest Editors

Prof. Dr. Małgorzata Szczuko  
Dr. Iwona Szydłowska  
Dr. Jolanta Nawrocka-Rutkowska

---

### Deadline for manuscript submissions

closed (25 May 2024)



## Nutrients

---

an Open Access Journal  
by MDPI

---

Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



[mdpi.com/si/188186](https://mdpi.com/si/188186)

*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 (IUIBS), 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)