

## Special Issue

# Nutrition, Exercise and Rheumatic Diseases

### Message from the Guest Editor

The pathophysiology of rheumatic diseases is very complex and, in many ways, still not fully understood. In addition to a genetic predisposition, various environmental risk factors may contribute to the disease development as well as course of disease. This applies in particular for exogenous factors such as our prevailing “Western diet” and lack of exercise.

There is increasing evidence for the important interaction between physical activity/exercise, exerkinases and general health as well as between diet, the gut microbiome, and joints and possible effects of physical or dietary interventions on disease activity. Since rheumatic disorders are frequently associated with comorbidities such as cardiovascular diseases and obesity, patients may profit in many ways from lifestyle modifications.

This Special Issue includes: nutrition patterns as well as nutritional deficits in patients with rheumatic disease, modification of microbial–host interactions and inflammatory mechanisms by dietary interventions or supplements, and studies on the clinical effects of training programs and/or dietary interventions on disease activity and disease course.

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### Deadline for manuscript submissions

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## 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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