

Special Issue

Health Challenges in Cancer Survivorship: Personalized Dietary Strategies, Exercise and Behavioral Intervention

Message from the Guest Editor

The growing number of cancer survivors worldwide reflects significant advancements in early detection, treatment, and supportive care. However, survivorship often comes with complex health challenges. Nutrition and rehabilitation are critical components for improving physical recovery, psychological well-being, and long-term health outcomes. Emerging evidence suggests that personalized dietary strategies, combined with exercise and behavioral interventions, can reduce treatment-related side effects, enhance functional capacity, and potentially lower the risk of cancer recurrence. Therefore, this Special Issue addresses the multifaceted interactions between nutrition, lifestyle, and rehabilitation in cancer survivorship, the assessment of nutritional status and dietary patterns in cancer survivors; interventions targeting diet, exercise, and behavioral modifications for improved survivorship outcomes; mechanistic insights into the role of nutrition in reducing cancer recurrence and improving long-term health; and interdisciplinary approaches integrating nutrition with rehabilitation therapies.

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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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