

## Special Issue

# Nutritional Strategies for the Prevention and Management of Oral Diseases

### Message from the Guest Editor

The oral cavity, the initial segment of the digestive tract, is involved in food breakdown and preliminary digestion. It is an open ecosystem influenced by external and internal factors, reflecting systemic homeostasis. Easily accessible for clinical examination, it allows rapid assessment of general health. Common oral diseases like dental caries and periodontal diseases are lifestyle-related, associated with diet and lifestyle choices. They are chronic conditions caused by an imbalance between the biofilm and the host's immune response. Proper nutrition supports oral cavity development and maintains an adequate immune response. Oral diseases progress rapidly in malnourished populations and are influenced by obesity. We welcome original research articles, reviews, and clinical studies exploring the relationship between nutrition and oral diseases, prevention strategies, and systemic implications. Contributions will deepen our understanding and promote integrated approaches to oral and general health. Research areas include oral health, oral mucosa, periodontal problems, and symptoms of systemic diseases in the oral cavity, all connected with diet, supplements, and biostimulators.

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### Guest Editor

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### Deadline for manuscript submissions

closed (15 March 2026)



## 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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