

Special Issue

The Effect of Anti-inflammatory Food on Resisting Cardiocerebrovascular Diseases and Cognition

Message from the Guest Editor

Late-life dementia is characterized by multiple exacerbating factors, consisting of not only neurodegeneration but also multiple overlapping features, including vascular risk factors (e.g., hypertension, diabetes mellitus, and obesity), a history of cerebrovascular diseases, and chronic inflammation. Furthermore, neurodegeneration and cerebrovascular lesions are two leading attributable risks to the development of dementia. The neurovascular unit, which consists of the blood–brain barrier (BBB), plays an important role in the integrity of brain health. BBB dysfunction not only induces red blood cell extravasation but may also aggravate the homeostasis of the internal environment in the brain with increased inflammation and oxidative stress, all of which can lead to cognitive impairment. Improved nutrition, foods, or supplements, such as omega 3 and fish oil, can protect the blood–brain barrier integrity by reducing neuroinflammation. Thus, targeting vascular risk factors and aspects of the cerebrovascular system, such as the neurovascular unit, with improved nutrition or diets may be indispensable for the treatment or prevention of late-life dementia.

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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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