

Special Issue

Effects of Nutrition, Malnutrition and Excess Body Weight on Gynecological Disorders

Message from the Guest Editor

Women's health issues have been widely discussed in recent years. The results of recent studies have undoubtedly proven that excessive caloric intake, simple carbohydrates, refined fats, and micronutrient deficiencies have the potential to initiate, exacerbate, or alleviate signs and symptoms of gynaecological disorders. Gynaecological disorders can be accompanied by metabolic disorders; in addition, eating habits may exacerbate symptoms and promote the occurrence of gynaecological disorders and may affect the occurrence of metabolic disorders later in life of the fetus. Moreover, both malnutrition and excess body weight have been shown to cause gynaecological symptoms. This Special Issue of *Nutrients* invites reviews and meta-analyses covering micronutrient supplementation, dietary recommendations, the effects of food restriction and fortification, malnutrition and obesity on the occurrence of gynaecological disorders, their course, and clinical outcomes including foetus health. It includes studies from basic research, the impact of dietary components and recommendations on the course of gynaecological disorders, health outcomes, and prognosis.

Guest Editor

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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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