

Special Issue

Iodine Deficiency and Thyroid Disorders

Message from the Guest Editor

Iodine deficiency is a key factor in various thyroid diseases and may impair neurocognitive development from birth to adulthood. Despite iodine supplementation, thyroid disorders can still occur.

Factors such as age, pregnancy, lactation, and the severity and duration of deficiency influence the response to iodine interventions.

Unlike other micronutrient deficiencies, iodine deficiency is not limited to developing countries but also affects people in areas with iodine-deficient soils and limited diet diversification. Continuous monitoring of iodine levels is necessary, even in countries with public health measures in place, as deficiencies can re-emerge due to lifestyle and dietary changes.

Based on this evidence, this special issue aims to provide a platform for all researchers focused on this topic to better understand the actual impact of iodine deficiency and supplementation throughout the world, the new achievement on the relationship between iodine and thyroid, and future strategies to prevent and correct this condition.

Guest Editor

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Deadline for manuscript submissions

closed (15 January 2025)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/210416

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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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