

## Special Issue

# Nutrition and Physical Activity in Oncological Patients: What We Know and What We Ignore

### Message from the Guest Editor

Nutritional therapy combined with physical activity represents a fundamental asset to improve the quality of life of oncological patients. Unfortunately, both of these aspects are frequently neglected by clinicians during oncological treatment, as well as pre–post surgery for cancer. Moreover, different categories of neoplasms deserve diverse lines of nutrition and physical activity which have to be integrated in the complex algorithm of clinical management. Up to now, no international guidelines have clearly defined a standard protocol able to combine the impact of a correct diet together with appropriate physical exercises in such cohort of patients. Therefore, new studies are needed to create a personalized and tailored multidisciplinary approach with the aim to better the nutritional status and prevent sarcopenia and a sedentary lifestyle.

---

### Guest Editor

Dr. Francesco Trevisani

Department of Urology, Division of Experimental Oncology, Urological Research Institute–URI, IRCCS San Raffaele Hospital, Via Olgettina 60, 20132 Milan, Italy

---

### Deadline for manuscript submissions

closed (15 May 2025)



## Nutrients

---

an Open Access Journal  
by MDPI

---

Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



[mdpi.com/si/200061](https://mdpi.com/si/200061)

*Nutrients*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[nutrients@mdpi.com](mailto:nutrients@mdpi.com)

[mdpi.com/journal/  
nutrients](https://mdpi.com/journal/nutrients)





# Nutrients

an Open Access Journal  
by MDPI

Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



[mdpi.com/journal/  
nutrients](https://mdpi.com/journal/nutrients)



## About the Journal

### 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.

### Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

### Author Benefits

#### Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

#### High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

#### Journal Rank:

JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)