

Special Issue

Dietary Habits and Nutrition in Rheumatoid Arthritis

Message from the Guest Editor

Rheumatoid arthritis (RA) is a systemic autoimmune disease characterised by joint involvement and progressive cartilage and bone destruction. In recent years, an increasing number of studies have suggested that lifestyle factors, including dietary habits and nutrition, greatly influence rheumatoid arthritis. Several nutrients, such as polyunsaturated fatty acids, vitamin D, present anti-inflammatory and antioxidant properties, having a protective role against RA development. Healthy dietary habits may be useful in reducing the risk of RA, joint cartilage damage, RA-related comorbidities, and arthritis progression and disease activity. The long-term effects of these dietary manipulations could help in reducing RA disease activity, delaying disease progression and likely decreasing the dose of drugs used for treatment of RA patients, and globally improving the prognoses of RA patients.

In this Special Issue, we hope to cover promising, recent, and novel research studies on the role of diet and nutrition in rheumatoid arthritis. Both original research articles and review articles spanning clinical and preclinical work are welcome for submission.

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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