



*nutrients*



an Open Access Journal by MDPI

## **OPERA 2021 (Obesity Programs of Nutrition, Education, Research and Assessment of the Best Treatment): Obesity and Low Grade Inflammation**

Guest Editors:

**Prof. Dr. Annamaria Colao**

Dipartimento di Medicina Clinica  
e Chirurgia, Unit of  
Endocrinology, Federico II  
University Medical School of  
Naples, 80131 Naples, Italy

**Dr. Chiara Graziadio**

Division of Endocrinology, AOU  
Federico II, Napoli, Italy

Deadline for manuscript  
submissions:

**closed (1 April 2022)**

### **Message from the Guest Editors**

Dear Colleagues,

The scientific meeting OPERA 2021 will take place in Naples, Italy, on 17–18 September 2021. The workshop will treat the pathophysiological bases of obesity, up to the latest news in the field of pharmacological and surgical treatments, with the following training objectives: 1) update on chronic inflammation; 2) update on comorbidities caused by obesity-related chronic inflammation, such as T2DM, dyslipidemia, cancer, and any pharmacological approaches; 3) identification of lifestyle interventions that can prevent and treat obesity from a nutritional and physical activity approach; and 4) update on the latest pharmacological innovations and surgical strategies for the treatment of obesity with beneficial effects also on the degree of chronic inflammation. We plan on publishing at least 10 manuscripts on these topics.



[mdpi.com/si/96082](https://mdpi.com/si/96082)

# Special Issue



# *nutrients*



an Open Access Journal by MDPI

## 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 & Dietetics*) / CiteScore - Q1 (*Nutrition and Dietetics*)

## Contact Us

*Nutrients* Editorial Office  
MDPI, St. Alban-Anlage 66  
4052 Basel, Switzerland

Tel: +41 61 683 77 34  
[www.mdpi.com](http://www.mdpi.com)

[mdpi.com/journal/nutrients](http://mdpi.com/journal/nutrients)  
[nutrients@mdpi.com](mailto:nutrients@mdpi.com)  
[X@Nutrients\\_MDPI](https://x.com/Nutrients_MDPI)