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Dietary Habits and Nutrition in Rheumatoid Arthritis

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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.



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Special Issue



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