

## Special Issue

# Dietary, Environmental, and Lifestyle Modulators of Oxidative Stress in Health and Disease

### Message from the Guest Editors

Oxidative stress is a critical factor in the pathogenesis and progression of a wide range of chronic and degenerative conditions, including cardiovascular disease, diabetes, neurodegenerative disorders, and cancer. It is becoming increasingly clear that oxidative balance is influenced by multiple interconnected factors, among which diet, nutritional intake, lifestyle habits, and environmental exposures all play essential roles. Nutritional approaches—such as antioxidant-rich diets, functional foods, and micronutrient supplementation—provide foundational support for combating oxidative damage. At the same time, daily habits, including physical activity, sleep quality, and stress management, along with environmental factors such as air pollution and chemical exposures, significantly contribute to the overall oxidative stress burden. A holistic understanding of how these elements interact is key to developing effective, individualized strategies for disease prevention and health promotion. This Special Issue welcomes original research, clinical studies, and review articles that explore the roles and interplay of nutrition, lifestyle, and environment in modulating oxidative stress.

### Guest Editors

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### Deadline for manuscript submissions

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## Antioxidants

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## About the Journal

### Message from the Editor-in-Chief

It has been recognized in medical sciences that in order to prevent adverse effects of “oxidative stress” a balance exists between prooxidants and antioxidants in living systems. Imbalances are found in a variety of diseases and chronic health situations. Our journal *Antioxidants* serves as an authoritative source of information on current topics of research in the area of oxidative stress and antioxidant defense systems. The future is bright for antioxidant research and since 2012, *Antioxidants* has become a key forum for researchers to bring their findings to the forefront.

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### Editor-in-Chief

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