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Climate, Lifestyle, and Aging: Integrating Self-Care into Precision Medicine

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Message from the Guest Editor

Aging can be associated with a variety of diseases and adversary health outcomes. These include, but are not limited to, cardiovascular disease, neurodegenerative diseases (such as Alzheimer's disease), osteoporosis, arthritis, cancer, a decline in pulmonary, physical, and cognitive functions, and immune system-related issues. A combination of factors can influence these conditions, such as climate and environmental factors (e.g., air pollution), as well as dietary and lifestyle factors. Self-care plays an important role in mitigating some of these adverse outcomes associated with aging. This Special Issue welcomes submissions exploring the interplay between climate and environmental factors (e.g., air pollution), and the necessary adaptations in diet and lifestyle following these conditions. The issue aims to develop a comprehensive understanding of how these elements contribute to aging. Highlighting the significance of specialized self-care strategies through modifications in dietary and lifestyle habits under various conditions, this issue offers valuable insights for precision medicine.



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Message from the Editor-in-Chief

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