



healthcare



an Open Access Journal by MDPI

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

Guest Editor:

Dr. Tianying Wu

Division of Epidemiology and Biostatistics, School of Public Health, San Diego State University, Brookings, SD 57007, USA

Deadline for manuscript submissions:

15 March 2025

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.



mdpi.com/si/198895

Special Issue



an Open Access Journal by MDPI

Editor-in-Chief

Message from the Editor-in-Chief

Healthcare is an international, scientific, peer-reviewed, open access journal on health care systems, industry, technology, policy, and regulation, and is published semimonthly online by MDPI. Ocular Wellness & Nutrition Society (OWNS) is affiliated with *Healthcare* and its members receive discounts on article processing charges.

Author Benefits

Open Access: free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility: indexed within Scopus, SCIE and SSCI (Web of Science), PubMed, PMC, and other databases.

Journal Rank: JCR - Q2 (*Health Care Sciences and Services*) / CiteScore - Q2 (*Leadership and Management*)

Contact Us

Healthcare Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

Tel: +41 61 683 77 34
www.mdpi.com

mdpi.com/journal/healthcare
healthcare@mdpi.com
[X@HealthcareMDPI_](https://twitter.com/HealthcareMDPI_)