



## Lifestyle and Chronic Pain

Guest Editors:

**Prof. Dr. Jo Nijs**

**Prof. Dr. Felipe J J Reis**

Physical Therapy Department,  
Instituto Federal do Rio de  
Janeiro (IFRJ), Postgraduation  
Program—Clinical Medicine  
Department of Universidade  
Federal do Rio de Janeiro (UFRJ),  
Rio de Janeiro, Brazil

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### Message from the Guest Editors

Dear Colleagues,

Chronic pain has a tremendous personal and socioeconomic impact and remains a challenge for many clinicians. Cumulating evidence shows that lifestyle factors such as physical (in)activity, stress, poor sleep, unhealthy diet, and smoking are associated with chronic pain severity and sustainment across all age categories. A paradigm shift from a tissue- and disease-based approach towards individually tailored multimodal lifestyle interventions should lead to improved outcomes and decrease the psychological and socioeconomic burden of chronic pain. For all these reasons, this Special Issue of the Journal of Clinical Medicine is dedicated to Lifestyle and Chronic Pain. The Special Issue will include five invited state-of-the-art papers, each addressing a key lifestyle factor of importance for patients with persistent pain. These state-of-the-art papers are written by leading experts and key opinion leaders in the field, and will boost the impact and exposure of all papers included in the Special Issue.





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Internal Medicine Department,  
University Hospital Strasbourg,  
67000 Strasbourg, France

**Prof. Dr. Kent Doi**

Department of Emergency and  
Critical Care Medicine, University  
of Tokyo, Tokyo 113-8655, Japan

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*Journal of Clinical Medicine* Editorial  
Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland

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