



Lifestyle and Chronic Pain

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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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