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Navigating Bone Health in Post-menopausal Women: The Role of Nutrition and Lifestyle Factors

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Message from the Guest Editors

Dear Colleagues,

The proposed Special Issue aims to explore the intricate relationship between nutrition and bone health in post-menopausal women. As women transition through menopause, they encounter hormonal fluctuations that exert a profound influence on bone density and fracture risk. Nutrition assumes a pivotal role in preserving skeletal health during this stage of life, yet comprehensive understanding of dietary factors and their implications for bone metabolism in post-menopausal women is still needed.

This Special Issue will feature original research articles, reviews, and meta-analyses delving into diverse facets of nutrition and bone health among post-menopausal women.

This Special Issue aims to provide valuable insights into the complex interplay between nutrition and bone health in post-menopausal women and to identify strategies for optimizing skeletal health and reducing fracture risk in this population.



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Special *Issue*



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