



Dietary Factors in Bone Health

Guest Editor:

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Message from the Guest Editor

Dear Colleagues,

Ageing cause an increased prevalence of chronic skeletal diseases such as osteoporosis, osteoarthritis, intervertebral disc degeneration/herniation, etc. Dietary nutrition is an essential factor for skeletal health which level is relatively easy to modify. For certain kinds of nutrients including calcium and vitamin D, adequate dietary intake helps to reduce the risk of bone diseases. While some other kinds of dietary factors, like fat and carbohydrate, have much more complexed role in bone health. It is challenging and promising to study the role of dietary factors in the degenerative bone and joint disorders, and to achieve “healthy ageing” with the adjust of dietary nutrition intake.

This Special Issue entitled “Dietary Factors in Bone Health of Elderly” aims to highlight the importance of dietary factors of bone health in ageing, including osteoporosis, osteoarthritis, intervertebral disc degeneration and other kinds of bone health issue. Original research, case report, reviews and meta-analyses focusing on dietary nutrients and bone disorders in ageing are welcome for this Special Issue.

Dr. Qian Zhang
Guest Editor





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