



The Effect of Anti-inflammatory Food on Resisting Cardiocerebrovascular Diseases and Cognition

Guest Editor:

Dr. Yorito Hattori

Department of Neurology,
National Cerebral and
Cardiovascular, Osaka 564-8565,
Japan

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Message from the Guest Editor

Dear Colleagues,

Late-life dementia is characterized by multiple exacerbating factors, consisting of not only neurodegeneration but also multiple overlapping features, including vascular risk factors (e.g., hypertension, diabetes mellitus, and obesity), a history of cerebrovascular diseases, and chronic inflammation. Furthermore, neurodegeneration and cerebrovascular lesions are two leading attributable risks to the development of dementia. The neurovascular unit, which consists of the blood–brain barrier (BBB), plays an important role in the integrity of brain health. BBB dysfunction not only induces red blood cell extravasation but may also aggravate the homeostasis of the internal environment in the brain with increased inflammation and oxidative stress, all of which can lead to cognitive impairment. Improved nutrition, foods, or supplements, such as omega 3 and fish oil, can protect the blood–brain barrier integrity by reducing neuroinflammation. Thus, targeting vascular risk factors and aspects of the cerebrovascular system, such as the neurovascular unit, with improved nutrition or diets may be indispensable for the treatment or prevention of late-life dementia.





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Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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Nutrients Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

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