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Nutrition in Cystic Fibrosis

Guest Editor:

Dr. Carla Colombo
Department Pathophysiol & Transplantat, University of Milan, Cystic Fibrosis Reference Center, Fondazione IRCCS Ca' Granda, Ospedale Maggiore Policlinico, Milan, 20122 Italy

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Message from the Guest Editor

Cystic fibrosis (CF) is a multisystemic heterogeneous disease affecting the lungs, pancreas, liver, intestine, sweat glands, and reproductive tract. Several studies have indicated that maintaining a good nutritional status is critical to the long-term survival of CF patients. There is an urgent need for evidence-based recommendations on the nutrient composition of the diet, in consideration of the increasing prevalence of fat-free mass depletion as well as overweight, diabetes, and the potential effects of different fatty acids on inflammation and immune response. In this issue of Nutrients dedicated to Nutrition in CF, the more controversial issues related to the "CF diet" will be examined, with particular regard to optimal macronutrient intake and essential fatty acid supplementation. A few clinical complications, such as sarcopenia and osteoporosis, are increasingly seen in CF patients and are at least in part related to malnutrition. The nutritional effects of CFTR modulators are the focus of increasing interest and will be reviewed with particular attention to physioetiological mechanisms.

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Message from the Editorial Board

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Contact Us

Nutrients Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

Tel: +41 61 683 77 34
www.mdpi.com

mdpi.com/journal/nutrients
nutrients@mdpi.com
𝕏@Nutrients_MDPI