



Arthritis and Nutrition: Can Food Be Medicine?

Guest Editors:

**Prof. Dr. Dirkjan van
Schaardenburg**

1. Amsterdam Rheumatology and Immunology Center, Reade, 1056 AB Amsterdam, The Netherlands
2. Amsterdam UMC, Amsterdam Medical Center, 1105 AZ Amsterdam, The Netherlands

Prof. Dr. Willem Lems

Amsterdam Rheumatology and Immunology Center| Reade, Amsterdam, The Netherlands

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Message from the Guest Editors

Dear Colleagues,

It is the purpose of this Special Issue to highlight the role of nutrition (including supplements) in the pathogenesis and treatment of major rheumatic diseases. It is becoming increasingly clear that most modern chronic diseases including rheumatic inflammatory diseases may have a long prodromal “incubation” period, during which genetic and environmental factors interact, ultimately producing clinical diseases. Common risk factors for such diseases are airway inflammation by dust or smoking; physical inactivity; posttraumatic or chronic stress; and an unhealthy diet high in refined carbohydrates and processed meat, with a high ratio of saturated to unsaturated fats and low in fiber and minerals. A common pathway to disease promoted by such a dietary pattern seems to be a state of chronic low grade inflammation, which is largely asymptomatic although often associated with reduced vitality. However, the question remains: how strong are these relations, and can we achieve clinically meaningful results by encouraging patients to adopt a healthier diet and life style?

Prof. Dr. Dirkjan van Schaardenburg

Prof. Dr. Willem Lems

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Editors-in-Chief

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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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
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