



The Role of Diet in Menopause and Andropause

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Message from the Guest Editors

With advancing age, there are many alterations in the endocrine system, which may ultimately change human physiology and body composition both in women and in men, influencing the growth of muscle and bone and regulating the metabolism. Among the factors that can modulate hormone secretion, there are diet and exercise, two of the few known lifestyle-related features that can be modified. Although limited data exist about whether dietary modifications can affect fat distribution during menopausal transition, evidence suggests that continuous and regular exercise may be more efficacious than dietary intervention and that these two determinants act synergistically for the promotion of a healthy body composition profile, characterized by the preservation of lean mass and a significant decrease in body fat. However, the physiological effects of physical activity and exercise on glucoregulatory hormones in elderly subjects are relatively understudied, and further research is necessary to elucidate whether physical exercise together with diet can act as a countermeasure to endocrinological and body composition-related modifications occurring during the process of aging.





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