



Hearing Loss and Tinnitus—Impact of Different Factors concerning Vulnerability-Lifestyle, Nutrition, Epidemiological Factors and Gender

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Message from the Guest Editors

Dear Colleagues,

The WHO estimated that 430 million people worldwide suffer from moderate-to-severe hearing loss. Chronic comorbid diseases should be considered as states of a multifactorial and complex system (the human being) that is perturbed and pushed into a pathological, imbalanced state through the influence of multiple factors (genetic background, molecular parameters, psychological factors, events such as trauma or age-related physiological changes, modulated for example by a certain lifestyle, nutrition, hearing ability, smoking, behavioral habits, physical activity, sex, or gender).

This Special Issue of *Nutrients* aims to focus on a collection of basic research and clinical studies detailing advancements in the field of hearing loss and tinnitus, with a focus on vulnerability factors. The aim is to better understand the trajectory of tinnitus-related maladaptation, to build predictive models for the development of the disturbed system, to identify novel biomarkers, and to develop treatment strategies taking into account the complex phenotypes of comorbidity spanning health- and non-health-related (e.g., nutrition, lifestyle, sex, gender) factors.





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