



Management of Non-alcoholic Fatty Liver Disease from Primary Care: Prevention and Intervention through Nutrition and Physical Exercise

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Message from the Guest Editor

Dear Colleagues,

In recent years, as a result of the increasing prevalence of overweight and obesity, non-alcoholic fatty liver disease (NAFLD) has become an emerging disease in the general population, they tend to be underestimated; however, they are potentially serious pathologies due to their association with multiple cardiovascular risk factors.

Primary care is the most appropriate setting for any early detection technique as well as any intervention aimed at weight loss through nutrition and physical exercise. Framing this as a challenge for preventive practices will give us the opportunity to avoid the development of the advanced stages of the disease as well as its multiple associated comorbidities and complications.

Considering all that, in this Special Issue of *Nutrients* entitled "Management of Non-Alcoholic Fatty Liver Disease from Primary Care" we encourage researchers to submit articles that examine strategies for the early detection of NAFLD, its risk factors and interventions aimed at weight loss through physical exercise and especially nutrition.





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