



Nutrition and Menopause: State of the Science

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submissions:

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Message from the Guest Editors

Dear Colleagues,

Menopause marks the natural end of the reproductive life span when a woman's menstrual cycle permanently ceases due to progressive ovarian failure. The age at which natural menopause occurs is 51.4 years, varies widely from 40 to 60 years, and is influenced by a variety of biologic, genetic, and lifestyle factors.

In the years preceding menopause, known as the menopause transition, there are distinct hormonal changes that are associated with menopausal symptoms and physical changes that reduce a woman's overall quality of life. Metabolic effects, such as adverse lipid profiles, insulin resistance, and disturbances in energy metabolism, can lead to weight gain and the development of obesity-related conditions such as type 2 diabetes and cardiovascular disease.

For this Special Issue, we invite the submission of evidencebased manuscripts, reviews, or meta-analyses that focus on the role of nutrition and dietary interventions in the menopause experience.

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