



## Relationship between Diet and Pathologies in Women

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### Message from the Guest Editors

The evolution of our society's lifestyle, marked by an increase in energy intake and a decrease in physical activity, is the main cause of the increases in cardiovascular disease, overweight and obesity. The so-called “western diet” and its pathological consequences also increase the risk of cancer. By contrast, the Mediterranean diet displays preventive effects. In addition, if the consumption of food supplements can also have beneficial effects, it must be supervised and well dosed so as not to have disastrous effects. Several controversies exist in the scientific and medical community about the benefits of food supplements and Mediterranean diets. This is due to the multifactorial aspect of metabolic, cardiovascular and cancerous diseases, which makes it extremely difficult to draw a cause-and-effect relationship between nutritional diet and pathology or its remediation.

The present Special Issue expects to present new data supporting the relationship between diet and women's pathology or its remediation by mean of epidemiologic studies, case reports, basic experimental science results, etc.





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## Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

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