



**nutrients**



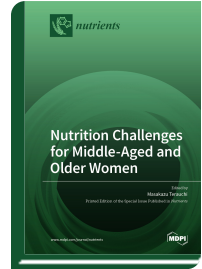
*Special Issue Reprint*

## **Nutrition Challenges for Middle-Aged and Older Women**

[www.mdpi.com/books/reprint/6199](http://www.mdpi.com/books/reprint/6199)

Edited by  
Masakazu Terauchi

ISBN 978-3-0365-5477-8 (Hardback)  
ISBN 978-3-0365-5478-5 (PDF)



During the menopausal transition and postmenopausal periods, women are affected by a variety of symptoms, such as hot flashes, night sweats, vaginal dryness, depression, anxiety, and insomnia. Non-specific somatic symptoms are also common, including muscle and joint pain, tiredness, and dizziness. Some of these effects (particularly vasomotor symptoms and vaginal atrophy) are closely associated with estrogen deficiency, but the exact mechanisms underlying the other symptoms are not fully understood.

Postmenopausal women are also at increased risk of cardiovascular morbidity as a net effect of central obesity, dyslipidemia, hypertension, and diabetes, as well as for osteoporosis, cognitive decline, and genitourinary syndrome of menopause.

Hormone replacement therapy (HRT) has played a central role in improving menopausal symptoms and reducing the disease risks associated with estrogen deficiency. However, due to growing concern for the side effects of HRT, especially in patients with hormone-sensitive cancer such as breast and uterus cancer, research has turned to the effects of nutraceutical approaches to these symptoms and diseases.

In this Special Issue of *Nutrients*, we would like to bring together manuscripts dealing with the topic of “Nutrition Challenges for Middle-Aged and Older Women”. Topics may include dietary interventions with foods, altered nutrient intake or food supplements, and specific dietary pattern interventions, such as the Mediterranean Diet or calorie restriction, in



Order Your Print Copy  
You can order print copies at  
[www.mdpi.com/books/reprint/6199](http://www.mdpi.com/books/reprint/6199)

MDPI Books offers quality open access book publishing to promote the exchange of ideas and knowledge in a globalized world. MDPI Books encompasses all the benefits of open access – high availability and visibility, as well as wide and rapid dissemination. With MDPI Books, you can complement the digital version of your work with a high quality printed counterpart.



### **Open Access**

Your scholarly work is accessible worldwide without any restrictions. All authors retain the copyright for their work distributed under the terms of the Creative Commons Attribution License.



### **Author Focus**

Authors and editors profit from MDPI's over two decades of experience in open access publishing, our customized personal support throughout the entire publication process, and competitive processing charges as well as unique contributor discounts on book purchases.



### **High Quality & Rapid Publication**

MDPI ensures a thorough review for all published items and provides a fast publication procedure. State-of-the-art research and time-sensitive topics are released with a minimum amount of delay.



### **High Visibility**

Due to our global network and well-known channel partners, we ensure maximum visibility and broad dissemination. Title information of books is sent to international indexing databases and archives, such as the Directory of Open Access Books (DOAB), and the Verzeichnis Lieferbarer Bücher (VLB).



### **Print on Demand and Multiple Formats**

MDPI Books are available for purchase and to read online at any time. Our print-on-demand service offers a sustainable, cost-effective and fast way to publish MDPI Books printed versions.