



## Health Literacy, Patient Empowerment and Preventive Medicine

Guest Editors:

**Dr. Paulo Santos**

Department of Medicine of  
Community, Information and  
Health Decision Sciences, Faculty  
of Medicine, University of Porto,  
4200-319 Porto, Portugal

**Prof. Dr. Inês Rosendo**

Faculty of Medicine, University of  
Coimbra, 3004-531 Coimbra,  
Portugal

**Dr. Daniel Beirão**

Department of Medicine of  
Community, Information and  
Health Decision Sciences, Faculty  
of Medicine, University of Porto,  
4099-002 Porto, Portugal

Deadline for manuscript  
submissions:

**closed (26 February 2021)**

### Message from the Guest Editors

The MeSH term “health literacy” was only introduced in 2010 in PubMed. Health literacy is defined as the degree to which patients can obtain, process, and understand the basic health information and services needed to make the most appropriate choices about their care.

The aim is not only to teach patients about health issues but also to encourage them to develop attitudes and skills that will facilitate reasoned decision making. Although it is important to improve a patient’s adherence to medications from the curative perspective, this approach is far more relevant in preventive medicine, where the options of today will have a great impact on the future, for good and for bad.

The empowerment of patients is crucial, and the way to achieve it is the object of research.

The aim of this Special Issue is to assemble a set of articles that discuss the ways in which we may improve health literacy in patients, applying health strategies designed for the population to the individual. Original articles, significant case reports, and comprehensive reviews are welcome.





an Open Access Journal by MDPI

## Editor-in-Chief

**Prof. Dr. Paul B. Tchounwou**

RCMI Center for Urban Health  
Disparities Research and  
Innovation, Richard Dixon  
Research Center, Morgan State  
University, 1700 E. Cold Spring  
Lane, Baltimore, MD 21251, USA

## 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.

## Author Benefits

**Open Access:** free for readers, with article processing charges (APC) paid by authors or their institutions.

**High Visibility:** indexed within Scopus, PubMed, MEDLINE, PMC, Embase, GEOBASE, CAPus / SciFinder, and other databases.

**Journal Rank:** CiteScore - Q1 (*Public Health, Environmental and Occupational Health*)

## Contact Us

---

*International Journal of  
Environmental Research and Public  
Health* Editorial Office  
MDPI, St. Alban-Anlage 66  
4052 Basel, Switzerland

Tel: +41 61 683 77 34  
[www.mdpi.com](http://www.mdpi.com)

[mdpi.com/journal/ijerph](http://mdpi.com/journal/ijerph)  
[ijerph@mdpi.com](mailto:ijerph@mdpi.com)  
[X@IJERPH\\_MDPI](https://twitter.com/IJERPH_MDPI)