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## Lifestyle Strategies in Cognitive Decline: Focus on Nutrition

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### Message from the Guest Editor

Dear Colleagues,

Preventive lifestyle interventions are known to be effective in a variety of age-related diseases and conditions, including cognitive decline. However, due to the heterogeneity of aging and the broad spectrum of interventions used across studies, the definite structure of lifestyle strategies to maintain cognitive integrity or prevent deterioration is still under debate. In this issue, the state-of-the-art of interventions aimed at reducing the burden of cognitive impairment with and without dementia will be presented to the readers, with particular attention to nutritional strategies.

Prof. M. Cristina Polidori MD PhD  
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*Guest Editor*



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# Special Issue



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