

> **SPECIAL ISSUE:**

Diet and rheumatic diseases

People with rheumatic diseases are continuously looking for specific diets and dietary supplements, which could ease their symptoms. At present there is no magic food components to cure rheumatic diseases. However, several studies especially in experimental models of autoimmune rheumatic diseases have shown: 1) that diet constituents possess anti-inflammatory, anti-oxidative and immunosuppressive properties and may ease disease progression or slow disease induction under specific conditions while others may have opposite effects; 2) that a connection between certain foods or dietary habits and the inflammation of certain autoimmune disorders really exists; 3) that change of dietary habits may have an impact on disease progression, especially if is accompanied by proper medication. Herbs, natural products and other remedies have also been considered potential regulators of the innate and adaptive immune system and their application as efficient remedies in rheumatic diseases has also been considered. The role of dietary habits and supplements in other autoimmune diseases may assist efforts to better understand their role in rheumatic diseases. A heated debate currently exists as to whether probiotic supplements can improve outcomes in rheumatoid arthritis and other rheumatic diseases. On the other hand, several food supplements are potent stimulators of the immune system and their effect on patients with autoimmune rheumatic diseases is to be questioned. Thus, an on going discussion amongst treating rheumatologists, physicians, dieticians and patients currently exists concerning foods that may help fight the disease, foods that may need to be avoided, and supplements that may need to be included or excluded from the diet.

For this special issue of the Mediterranean Journal of Rheumatology, we invite authors to submit original or review articles, as well as commentaries, expert opinions, and letters that relate to the role of diet in rheumatic diseases.

Submission Deadline: 31 October 2019

Accepted papers will be published online as papers in press, irrespectively of the formal Special issue publication date. No processing or publication fees are applied. **All papers will be published free of charge.**

Lead Guest Editor:

Dimitrios P. Bogdanos,
Department of Rheumatology
and Clinical Immunology,
Faculty of Medicine,
School of Health Sciences,
University of Thessaly,
Larissa, Greece
e-mail: bogdanos@med.uth.gr

Guest Editors:

Lazaros I. Sakkas,
Department of Rheumatology
and Clinical Immunology,
Faculty of Medicine,
School of Health Sciences,
University of Thessaly, Larissa,
e-mail: lsakkas@med.uth.gr

Yehuda Shoenfeld,
Zabludowicz Center for
Autoimmune Diseases,
Sheba Medical Center,
5265601, Tel-Hashomer, Israel.
e-mail: shoenfel@post.tau.ac.il