



The Journal of Nutritional Epidemiology

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Editorial

Nutrition in Epidemiology – A Critical Step Forward

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Introduction

The role of nutrition in health and disease prevention is at the core of global public health discussions. Yet, with all the research at hand, there are still gaps in translating evidence into actionable interventions and policies. **The Journal of Nutritional Epidemiology (JNE)** seeks to bridge these gaps by providing an open-access platform for high-quality research that illuminates the intersections of diet, health, and disease prevention.

In this inaugural issue, we aim to grab your attention with compelling, data-driven insights that underscore the critical need for nutritional epidemiology in tackling public health crises, including cancer, obesity, and chronic disease prevention.

Sparking Debate

The Power of Nutritional Epidemiology

Numbers don't lie. Cancer remains a leading cause of mortality worldwide, accounting for nearly 10 million deaths annually [1]. Among lifestyle factors, diet contributes significantly to both the risk and progression of cancer. The articles in this issue delve into dietary interventions and their implications for various cancers, showing how evidence-based nutrition can mitigate these statistics [2].

For instance, consider the research into **polyphenols, vitamin E, and L-arginine**, which not only explores their therapeutic potential but also raises critical questions about their broader applications. These studies are essential to framing dietary components as potential tools for disease prevention and treatment.

Highlights from the First Issue

This issue features six thought-provoking articles,

each offering new perspectives on nutrition and cancer:

1. Sustainable Diets and the Risk of Breast Cancer: A Literature Review

This review integrates insights into how sustainable dietary patterns can lower breast cancer risk while aligning with environmental goals a dual benefit that merits urgent attention.

2. Role of Olive Oil Polyphenols on Fatty Acid Synthase Gene Expression in Human Cancer Cells: A Review

This article dives into the molecular effects of olive oil polyphenols, offering a fresh angle on their role in cancer biology.

3. L-arginine Supplementation in Breast Cancer Patients

A clinical examination of L-arginine's effects, providing valuable insights into its potential therapeutic role for breast cancer patients.

4. Dietary Polyphenols Intake and the Risk and Treatment of Colorectal Cancer

A comprehensive analysis of how polyphenols influence colorectal cancer risk and treatment efficacy, spotlighting their preventive and therapeutic potential.

5. The Link Between Glucosamine Intake and Breast Cancer

This paper investigates whether glucosamine, commonly used for joint health, may have implications for breast cancer risk a question with significant preventive and public health implications.

6. The Effect of Vitamin E Supplementation on Complications of Cancer Treatment in Patients with Colorectal Cancer

This study examines how vitamin E supplementation may alleviate treatment-related complications in colorectal cancer patients, aiming to enhance their quality of life.

Each article provokes reflection and debate about the

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evolving role of dietary components in cancer prevention and management.

A Call for Balance and Collaboration

While these articles provide promising insights, nutritional science is rarely black and white. For every claim, there are counterarguments and challenges. We encourage authors to consider alternative perspectives and readers to engage critically with the evidence. Achieving balance in our understanding is the essence of scientific progress.

At the JNE, we also emphasize the importance of collaboration. Addressing global health challenges requires partnerships across disciplines—epidemiology, molecular biology, public health, and beyond. Together, we can move the needle on health outcomes worldwide.

In conclusion, the Journal of Nutritional Epidemiology sets out with an ambitious mission: to elevate the discourse around nutrition and its role in public health. We invite you, as researchers, practitioners, and readers, to join us on this journey. Let the discussions sparked by this first issue inspire innovation, collaboration, and action.

Nutrition isn't just a scientific endeavor; it's a call to better understand ourselves and the systems that sustain life. As we explore this field, we hope the JNE will become your trusted companion in advancing knowledge and improving health globally.

References

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