



### Special Issue announcement

## Men's Health Risks in Professional Sports

### Guest Editor



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Professional sports offer a platform for exceptional physical achievement but pose unique health challenges that significantly impact male athletes' physical, psychological, and long-term well-being. While regular physical activity and exercise are recognized for preventing chronic diseases and enhancing quality of life, professional sports demand levels that increase risks such as acute injuries, overtraining, stress, burnout, and nutritional imbalances. These factors can compromise an athlete's performance and overall health sustainability.

This special issue aims to address these critical health risks by emphasizing targeted interventions to optimize men's health. Topics include sports injury prevention, strategies for managing mental health challenges, performance-enhancing nutrition, and evidence-based approaches to achieving sustainable athletic careers. By exploring the connections between physical and mental health, this issue seeks to deliver actionable insights for athletes, coaches, and sports organizations, contributing to a holistic approach to athlete care.

Researchers, practitioners, and policymakers are invited to submit original research and review articles exploring innovative solutions, emerging methodologies, and practical interventions. Key subtopics include:

- Physical health challenges in professional sports;
- Psychological well-being of male athletes;
- Interconnections between physical and mental health;
- Nutritional strategies for male athletes;
- Health risk prevention and management strategies, *etc.*

**Keywords:** Men's health in professional sports; Health risks; Physical health challenges; Psychological well-being; Sports injury prevention

**Submission deadline:** 20 December, 2025

**Submission link:** <https://js.jomh.org/ch/author/login.aspx>