

Special Issue

Preventing Frailty and Improving Quality of Life in Older Adults: Perspectives on Exercise and Nutrition Medicine

Message from the Guest Editor

Frailty in older adults is now recognized as a complex geriatric syndrome that significantly affects quality of life, functionality, and the independence of older individuals. Its proper management represents one of the greatest challenges for modern healthcare systems due to its diverse clinical presentations and the high prevalence of associated comorbidities. We encourage the scientific community to submit studies—from clinical, applied, or basic research—that provide new insights into evaluation methods, mechanisms, modifiable factors, prevention and treatment strategies, or interventions based on exercise, nutrition, or both. Likewise, articles exploring related variables, such as quality of life, cognitive function, or psychosocial aspects linked to frailty, will be welcomed. I would like to thank in advance all potential authors for their interest and contributions, and I remain available for any additional queries or support you may need during the submission and peer review process.

Guest Editor

Prof. Dr. Jerónimo González-Bernal

Department of Health Sciences, University of Burgos, 09001 Burgos, Spain

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Healthcare
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
healthcare@mdpi.com

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About the Journal

Message from the Editor-in-Chief

Healthcare is an international, peerreviewed, open access, multidisciplinary journal. Original research articles, short communications, review articles, and symposium highlights are welcomed.

Healthcare hopes to influence global health and disease aspects, and hopes to gain high visibility and acceptance by the scientific and healthcare community and will dedicate itself to covering special and specific topics in special issues.

We would be pleased to welcome you as one of our authors.

Editor-in-Chief

Prof. Dr. Lorraine S. Evangelista

Louise Herrington School of Nursing, Baylor University, Dallas, TX
75246-1754, USA

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