

## Special Issue

# Nutrition, Exercise, Physical Activity, Rehabilitation Recommendations for Older Adults Suffering from Multiple Diseases

### Message from the Guest Editors

Aging is a complex process that involves different systems ultimately leading to an alteration in the homeostatic capacity of organisms and that impacts on the overall health of older patients. Older adults are often affected by chronic conditions, such as cognitive impairment, hearing and vision impairment, sarcopenia and frailty. Patients with more than two chronic conditions – known as multimorbidity – are more prone to develop sarcopenia and frailty that may lead to disability, hospitalizations and death. In this scenario, an optimized care plan and appropriate non-pharmacological approaches can be key not only to increase the quality of life of older patients but also to invert the health trajectory and revert frailty. Nutrition, nutritional supplements, physical activity and rehabilitation programs play a crucial and synergic role in the improvement of multimorbidity. Papers addressing these topics are invited for this Special Issue, especially those with a practical focus on providing solutions or novel approaches to improve management of older adults with multiple diseases and favour programs that combine dietary and rehabilitative proposals.

### Guest Editors

Dr. Maria Beatrice Zazzara

Department of Aging, Orthopedic and Rheumatologic Sciences, Fondazione Policlinico Universitario Agostino Gemelli IRCCS, Largo Agostino Gemelli 8, 00168 Rome, Italy

Dr. Anna Maria Martone

Department of Aging, Orthopedic and Rheumatologic Sciences, Fondazione Policlinico Universitario Agostino Gemelli IRCCS, Largo Agostino Gemelli 8, 00168 Rome, Italy

### Deadline for manuscript submissions

closed (15 April 2024)



## International Journal of Environmental Research and Public Health

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Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[ijerph@mdpi.com](mailto:ijerph@mdpi.com)

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### Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Scientific discoveries and advances in this research field play a critical role in providing a rational basis for informed decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards.

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Prof. Dr. Paul R. Ward

School of Society and Culture, Adelaide University, Adelaide 5001,  
Australia

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