

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 optimize 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 proposal.

Guest Editors

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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.

IJERPH provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality peer-reviewed journal.

Editor-in-Chief

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