

## Special Issue

# Dimensions of Frailty: Concepts and Practice Guidelines

### Message from the Guest Editors

Frailty is one of the fundamental concepts in geriatrics and in recent decades has become a recognized public health problem. In practice, frailty is often underdiagnosed or perceived as an inevitable effect of the aging process, while prevention guidelines rely on general rules of a high-protein diet and exercise. It is, therefore, crucial to facilitate and promote simple measures for frailty screening in older adults, early detection of risk factors and more personalized treatment approaches. Practice guidelines should be easily accessible for different levels of care and supported by public health programs similarly to solutions in cardiovascular diseases.

The aim of the present topic is to provide a comprehensive overview of the theoretical bases of frailty and new findings, clues for clinical practice and healthcare systems and the application of novel technologies. We welcome reviews, meta-analyses, research papers, case reports and guidelines for practice. We look forward to a lively discussion between science and pragmatic views with the ultimate goal to promote a proactive approach to frailty.

### Guest Editors

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### Deadline for manuscript submissions

closed (30 November 2023)



## International Journal of Environmental Research and Public Health

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CiteScore 8.5  
Indexed in PubMed



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*International Journal of  
Environmental Research and  
Public Health*  
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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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