



Geriatric Endocrinology: Lifestyle, Hormones and Physical Activity for Successful Aging

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Message from the Guest Editors

The goal of Geriatric Endocrinology is to study physiological, hormonal and metabolic age-related changes, and it represents a challenge because a multidisciplinary team needs to be involved, since many errors in clinical practice are common, due to the fact that hormone balance changes with ageing, and with the presence of comorbidities and polytherapy. For this reason, besides the endocrinologist and the geriatrician, a tailored nutritional approach and a motor-science specialist are often necessary as ancillary figures. Body composition alterations, such as an excess of visceral fat and sarcopenia, play a detrimental role in determining unhealthy ageing, especially regarding their consequences for cardio-metabolic and skeletal functions in terms of increased risk of major cardiac adverse events, fractures and physical disability. The aim of this issue will be to describe the impact of an appropriate lifestyle and physical activity, along with hormonal–non hormonal treatments, on a successful aging process. The structure of the Special Issue will include mini-reviews from major experts in this area.

