



Frailty in the Elderly: Issues and Challenges

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Message from the Guest Editors

The population of older adults is constantly growing, both in Europe and all over the world. The most common medical problems faced by older people are reduced functional capability and morbidities. Fried et al. define it as “a biologic syndrome of decreased reserve and resistance to stressors, resulting from cumulative declines across multiple physiologic systems, and causing vulnerability to adverse outcomes”. Symptoms that identify frailty syndrome are undesired loss in body mass, reduced muscle strength, exhaustion, slowness, and low physical activity. According to gerontologists, frailty syndrome is marked by reduced immunity to stressors, resulting in the exhaustion of functional reserves of the organism. The incidence of frailty in European society is between 5.8% and 27.3%, whereas the pre-frail condition occurs in 34.6% to 50.9% of the older adult population.

Researchers and practitioners in this field have also been investigating advances in frailty care and management, including diagnosis, prevention, treatment and multi-morbidity.

This Special Issue is open to submissions concerning health care and frailty.





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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. Discovery and advances in this research field play a critical role in providing a scientific basis for 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, open access journal.

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