



Nutrition, Diet and Exercise for the Prevention and Treatment of Frailty

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Message from the Guest Editors

Dear Colleagues,

Ageing is a major characteristic of societies in the Western world. Sometimes ageing is considered a problem, but it should be considered an opportunity because the average lifespan has increased over the last hundred years, more than in any other period in recorded history. Additionally, older persons today have a chance of finding decades of productive and satisfactory life. However, the increase in lifespan must be accompanied by an increase in healthspan and this, in medical terms, means preventing the geriatric syndrome known as frailty. Research into frailty was spurred on enormously by the work of the team led by Linda Fried and Jeremy Walston, which characterised the phenotype of the frail individual. Frailty is associated with an increased risk of disability, hospitalization, and, finally, death. The good news is that frailty can be prevented. Moreover, it may be reversed by an adequate combination of diet, exercise, and, in some cases, nutritional supplements.

This Special Issue aims to provide cutting-edge information on the new developments in the frailty field as well as good reviews on the state of the art of this rapidly developing area.





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