

Special Issue on

## Successful Aging: Role of Physical Activity and Nutrition as Possible Modulators of the Endocrinology

# CALL FOR PAPERS

A correct lifestyle, including physical activity (PA) and nutrition, positively influences the endocrinological system during the aging process. In fact, PA and nutrition influence not only body composition but also hormonal homeostasis, skeletal-muscle metabolism, and cognitive function, which are all important components for a successful aging. Indeed, aging has many causes, including age-related changes in body composition, hormonal imbalance, and inflammation. Sarcopenia and osteoporosis are linked and commonly associated with ageing, often leading to a frailty syndrome. Alteration of quality of life is strongly associated with frailty syndrome and with a decreased mobility of elderly people. Falls often cause restricted mobility, a decline in activities of daily living, and an increased risk of institutionalization. A reduction of muscle mass and strength with a corresponding increase of fat mass in the elderly may synergistically increase hormonal and metabolic imbalance as well as cardiovascular diseases.

As the number of older individuals continues to increase, it is important to develop interventions that can be easily implemented and contribute to "successful aging." Since aging affects so many different systems, it would be naive to expect a single cause or a central "biological clock" to determine a switch from youth to senility. The complexity and heterogeneity of frailty syndrome require a multidimensional clinical approach based on healthy nutrition, regular physical exercise, and psychosocial well-being, which appear to have significant benefits on the aging process, leading to so-called successful aging. This special issue will cover topics related to nutritional and physical activity interventions, which might modulate different aspects of aging process, linked to hormonal and metabolic function parameters, all important for successful aging.

Considering the above-mentioned points, the special issue aims to include up-to-date comprehensive reviews and original studies about clinical, nutritional, biological, and physical activity issues. Space will also be given to multidisciplinary translational contributions in order to better understand the potential mechanisms underlying endocrine aspects of successful aging.

Potential topics include but are not limited to the following:

- ▶ Effects of different diets on hormonal homeostasis and aging process
- ▶ Effects of different physical activity intervention and endocrinological modification during aging
- ▶ In vitro cell systems aimed at the characterization of nutrient modification of intracellular mechanisms modulating cell senescence

Authors can submit their manuscripts through the Manuscript Tracking System at <https://mts.hindawi.com/submit/journals/ije/sarpn/>.

Papers are published upon acceptance, regardless of the Special Issue publication date.

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