

Special Issue on
Management of Dynapenia, Sarcopenia, and Frailty: The Role of Physical Exercise

CALL FOR PAPERS

Aging is a result of physiological changes and its interactions with personal lifestyles, genetics, and chronic diseases. The musculoskeletal system and physical capabilities deteriorate with aging, for example; and the transition from plateau to decline is determined by biological timing and individual life trajectories.

Dynapenia is defined as the loss of muscle strength that is not caused by neurologic or muscular diseases, while sarcopenia is the progressive loss of muscle mass and strength/functionality. Both relate to aging and reflect directly on activities of daily living, poor quality of life, falls and fear of falling, and the frailty syndrome. All of these conditions can lead to disability and mortality among older adults.

Considering that physical exercise is an important nonpharmacological approach to promote healthy aging, this special issue invites applied studies aiming to investigate the interaction among dynapenia, sarcopenia, physical-cognitive-social frailty, exercise type, activities of daily living and falls, and fear of falling in the context of aging. We encourage empirical studies regarding exercise intervention on dynapenia, sarcopenia, and frailty. Interdisciplinary and review studies are particularly welcomed.

Potential topics include but are not limited to the following:

- ▶ The application of different resistance training protocols, including power exercises, to prevent/manage dynapenia and sarcopenia
- ▶ Exercise approaches to prevent/manage physical, cognitive, and social frailty, especially regarding dose response and type of exercise
- ▶ Influence of an active lifestyle on aging
- ▶ Impact of dynapenia, sarcopenia, and frailty on activities of daily living
- ▶ Restriction on physical activity due to falls and fear of falling and its implications on quality of life and health

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

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

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