

## Special Issue

# The Impact of Physical Activity on the Health of Women among Different Ages

### Message from the Guest Editors

Many scientific studies confirm the positive effect of physical activity in the prevention and treatment of various diseases. Many of these conditions affect women of all ages, including oncological diseases, urinary incontinence, osteoporosis, and metabolic and cardiovascular diseases. Women also struggle with diseases typical of advanced age, such as dementia, disturbances in gait and body balance, and an increased risk of falls and related injuries. This Special Issue will include following subjects:

- Physical activity, oncological diseases and gynecological diseases in women.
- The impact of obesity on women's health.
- The role of physical activity in the prevention and treatment of osteoporosis, urinary incontinence and metabolic diseases in pre- and postmenopausal women.
- The role of physical activity in preventing dementia in women.
- Physical activity in the treatment of posture and gait control disorders in women in advanced age.
- The role of physical activity in reducing the fear of falling and preventing falls in elderly women.

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### Guest Editors

Prof. Dr. Anna Polak

Prof. Dr. Bogdan Bacik

Dr. Agnieszka Nawrat-Szoltysik

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### Deadline for manuscript submissions

closed (10 October 2022)



## International Journal of Environmental Research and Public Health

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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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### Editor-in-Chief

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