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Title: Challenges of ageing in Portugal – data from EpiDoC cohort

Lisboa, 18th October 2017

Dear Sirs,

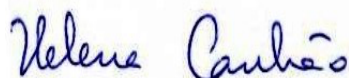
We would like to submit the manuscript entitled “Challenges of ageing in Portugal – data from EpiDoC cohort” for publication in *Acta Médica Portuguesa*.

This research article shows that multimorbidity was high prevalent among old adults, being hypertension, rheumatic diseases and hypercholesterolemia the most prevalent diseases. The high prevalence of multimorbidity combined with other conditions such as high prevalence of depression and anxiety symptoms, low levels of physical activity, high prevalence of overweight, low levels of quality of life and high healthcare resources consumption suggest that elderly constitutes a vulnerable group that requires a more focused intervention.

The authors have no conflict of interest to declare and would like to state that they all have read and approved the manuscript. Furthermore, the manuscript has not been published, nor is under consideration to be published elsewhere.

We hope this paper fulfills expectations of scientific community and be suitable for publication in *Acta Médica Portuguesa*.

Best regards,

A handwritten signature in blue ink that reads 'Helena Canhão'.

Helena Canhão