

Special Issue

Sarcopenia Across the Lifespan: Risk Factors, Mechanisms, and Management in Aging and Disease

Message from the Guest Editors

Sarcopenia, defined by the progressive loss of muscle mass and function, remains a key challenge in aging populations. However, its impact is not limited to older adults—it also affects people living with chronic illnesses and other health conditions. This Special Issue aims to delve into the diverse facets of sarcopenia, from its underlying risk factors to current and emerging strategies for prevention and treatment. Topics will include the role of nutrition, physical activity, and pharmacological approaches, as well as the exploration of novel biomarkers, genetic influences, and other relevant contributors to muscle health. By bringing clinical perspectives, this Special Issue seeks to present a well-rounded overview of current findings and opportunities to enhance care and outcomes for those affected, regardless of age.

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