

## 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.

### Guest Editors

**Prof. Dr. Juan Mielgo-Ayuso**

Department of Health Sciences, Faculty of Health Sciences, University of Burgos, 09001 Burgos, Spain

**Dr. Natalia Busto**

Department of Health Sciences, Faculty of Health Sciences, University of Burgos, 09001 Burgos, Spain

### Deadline for manuscript submissions

20 January 2026



## Journal of Clinical Medicine

an Open Access Journal  
by MDPI

Impact Factor 2.9  
CiteScore 5.2  
Indexed in PubMed



[mdpi.com/si/240826](https://mdpi.com/si/240826)

*Journal of Clinical Medicine*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[jcm@mdpi.com](mailto:jcm@mdpi.com)

[mdpi.com/journal/](https://mdpi.com/journal/)

[jcm](https://jcm)





# Journal of Clinical Medicine

---

an Open Access Journal  
by MDPI

---

Impact Factor 2.9  
CiteScore 5.2  
Indexed in PubMed



[mdpi.com/journal/  
jcm](https://mdpi.com/journal/jcm)



## About the Journal

### Message from the Editorial Board

There has been an explosion of gene and target based research and therapeutics in the multitude of fields that compose clinical medicine. The *Journal of Clinical Medicine's* (JCM) staff and editorial board are dedicated to providing cutting edge, timely, and peer-reviewed articles covering the diverse subspecialties of clinical medicine. The journal publishes concise, innovative, and exciting research articles as well as clinically significant articles and reviews that are pertinent to the myriad of disciplines within medicine. The articles published are relevant to both primary care physicians and specialists. The journal's full-texts are archived in PubMed Central and indexed in PubMed. Please consider submitting your manuscripts for publication to our journal and check us out on-line!

---

### Editors-in-Chief

Prof. Dr. Emmanuel Andr  s

Internal Medicine Department, University Hospital Strasbourg, 67000  
Strasbourg, France

Prof. Dr. Kent Doi

Department of Acute Care Medicine, University of Tokyo, Tokyo, Japan

---

### Author Benefits

#### High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, PMC, Embase, CAPlus / SciFinder, and other databases.

#### Journal Rank:

JCR - Q1 (Medicine, General and Internal) / CiteScore - Q1 (General Medicine)

#### Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 17.7 days after submission; acceptance to publication is undertaken in 2.7 days (median values for papers published in this journal in the first half of 2025).