

Special Issue

Established and Novel Approaches for Sarcopenia

Message from the Guest Editor

Sarcopenia represents the progressive age-related wasting of skeletal muscle mass accompanied by the loss of muscle strength. A decline in muscle strength and function is associated with increased risk of adverse health outcomes, and sarcopenia patients are faced with mobility disorders, disability, a loss of independence, and reduced quality of life, while they are at a higher risk for morbidity (e.g., falls, bone fractures, and metabolic diseases, as skeletal muscle is one of the most important tissues for metabolic control), and mortality. Considering the growing elderly population and the increasing life expectancy, the prevalence of sarcopenia will escalate in the upcoming years. Herein, we set up a Special Issue to incorporate papers focusing on the Established and Novel Approaches for Sarcopenia, including but not limited to nutrition supplementation, pharmacological approaches, and physical exercise as interventions for sarcopenia. It aims to present established, advanced, and novel insights for preventing or treating sarcopenia to decrease its comorbidities, and hence improve quality of life, increase life expectancy, and limit healthcare costs for these patients.

Guest Editor

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