

Special Issue

Prevention and Treatment of Sarcopenia

Message from the Guest Editor

Sarcopenia represents the decline in skeletal muscle mass and function with age, characterized by the muscle fiber's quality, strength, muscle endurance and metabolic ability decreasing as well as the fat and connective tissue growing. Reduction of muscle strength with aging leads to loss of functional capacity, causing disability, mortality, and other adverse health outcomes. Because of the increase of proportion of elderly in the population, sarcopenia-related morbidity will become an increasing area of health care resource utilization. Diagnostic screening consists of individuation of body composition, assessed by DEXA, anthropometry, bioelectrical impedance, MRI or CT scan. Management is possible with resistance training exercise and vibration therapy, nutritional supplements and pharmacological treatment. I invite you to participate in this Special Issue, which aims to collect the most recent evidence of assessments and interventions for sarcopenia in the elderly. The aim is to report articles about, etiology, physiopathology, diagnosis and screening, management and rehabilitation in sarcopenia.

Guest Editor

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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!

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