Special Issue

Sarcopenia: The Impact on Health and Disease

Message from the Guest Editors

Sarcopenia is a clinical condition associated with a progressive loss of skeletal muscle mass and strength. It is important to diagnose and monitor it in everyday clinical practice. It is also imperative for the scientific community to investigate and validate prevention and intervention measures concerning sarcopenia. The purpose of this Special Issue is to publish high-quality research papers and review articles to address the current knowledge concerning the impact of low muscle mass and sarcopenia on health and disease. The topics should cover the following aspects:

- Muscle mass/sarcopenia in a geriatric population;
- Muscle mass/sarcopenia in chronic diseases;
- Muscle mass/sarcopenia in infections;
- Muscle mass/sarcopenia in malignancies;
- Muscle mass/sarcopenia and frailty syndrome;
- Muscle mass/sarcopenia in metabolic diseases and diabetes mellitus;
- Muscle mass/sarcopenia in respiratory diseases;
- Muscle mass/sarcopenia and polypharmacy.

Guest Editors

Dr. Nikolaos Papanas

Diabetes Centre, 2nd Department of Internal Medicine, Democritus University of Thrace, 68100 Alexandroupolis, Greece

Dr. Nikolaos D. Karakousis

Faculty of Medicine, University of Thessaly, 41110 Larissa, Greece

Deadline for manuscript submissions

closed (31 March 2025)



Muscles

an Open Access Journal by MDPI

Indexed in Scopus
Indexed in PubMed
Tracked for Impact Factor



mdpi.com/si/192109

Muscles Editorial Office MDPI, Grosspeteranlage 5 4052 Basel, Switzerland Tel: +41 61 683 77 34 muscles@mdpi.com

mdpi.com/journal/muscles





an Open Access Journal by MDPI

Indexed in Scopus
Indexed in PubMed
Tracked for Impact Factor





Message from the Editor-in-Chief

Muscles is a publishing platform that promotes discoveries related to the realm of neuromuscular disorders (genetic and acquired neuromuscular disorders in man) and relevant cell and animal models. The journal aims to be a publishing venue that disseminates scientific papers with emphasis on multidisciplinary approaches to understand the complexities and interactions occurring on a variety of metabolic, endocrinological and neurogenic disorders. Papers on sarcopenia, exercise and atrophy/ hypertrophy of muscles will be given space and attention, as will clinical trials and possible pharmacological interventions. A rapid turnaround time and full open access provide the opportunity to make research results immediately available to scientific communities and the general public.

Editor-in-Chief

Prof. Dr. Corrado Angelini

Department of Neurosciences, University of Padova, 35128 Padova, Italy

Author Benefits

Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility:

indexed within ESCI (Web of Science), Scopus and other databases.

Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 20.9 days after submission; acceptance to publication is undertaken in 3.7 days (median values for papers published in this journal in the first half of 2025).

