

Special Issue

Diet and Exercise Intervention for Sarcopenia and Disease-Induced Low Muscle Mass

Message from the Guest Editors

The world population has been ageing rapidly in recent decades. Ageing is associated with losses of muscle mass and function, leading to sarcopenia, which will be exacerbated when ageing is coupled with chronic disease, sedentary behaviour, hospitalization, and nutritional deficiencies. Sarcopenia or low muscle mass induced by acute or chronic stress increases the risk for poor outcomes, such as falls, hospital length of stay, and all-cause mortality. The definitive complex aetiology of sarcopenia is yet to be determined, as well as the treatment for this disorder, which remains to be elucidated. At the moment, sarcopenia is considered to be "overlooked but undertreated"¹. As such, a better understanding of potential prevention or mitigation strategies to attenuate muscle decline during ageing, chronic disease, and hospitalization are urgent. This Special Issue aims to publish research on exercise and nutritional interventions to counteract sarcopenia. Your contribution to this Special Issue is much appreciated.

Guest Editors

Prof. Dr. Adam Gordon

Prof. Dr. Paula Schmidt Azevedo

Prof. Dr. Carolyn Greig

Prof. Dr. Ivan Aprahamian

Prof. Dr. Marcos Ferreira Minicucci

Deadline for manuscript submissions

closed (15 June 2023)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/143336

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

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





Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



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



About the Journal

Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (UIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

Author Benefits

Open Access:

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

High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

Journal Rank:

JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)