

## Special Issue

# Malnutrition–Sarcopenia Connection in Patients with Chronic Kidney Disease

### Message from the Guest Editors

In CKD patients, malnutrition and sarcopenia prevalence increases with disease progression, driven by shared pathophysiological mechanisms, and recent research highlights systemic inflammation and nutritional deficiencies as key contributors. Intradyalitic protein losses as well as uremic toxins and increased system inflammation promote muscle protein degradation and inhibit synthesis, intensifying muscle wasting. Concurrent malnutrition, especially protein–energy wasting and inadequate calories and amino acid intake, further accelerates muscle loss. Personalized interventions, including amino acids supplementation and omega-3 fatty acids, show promise in reducing inflammation and preserving muscle mass.

This Special Issue of *Nutrients* aims to examine epidemiological relationships and therapeutic strategies, including dietary approaches (low-protein, vegetarian, and ketogenic diets), nutritional supplements, and nutritional approaches combined with lifestyle changes or pharmacological or dialytic interventions, to better manage malnutrition and sarcopenia in CKD patients.

### Guest Editors

Dr. Simone Vettoretti

Unit of Nephrology, Dialysis and Kidney Transplantation, Fondazione IRCCS Ca' Granda Ospedale Maggiore Policlinico di Milano, 20122 Milan, Italy

Dr. Pasquale Esposito

Division of Nephrology, Dialysis and Transplantation, IRCCS Ospedale Policlinico San Martino, 16142 Genova, Italy

### Deadline for manuscript submissions

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## Nutrients

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*Nutrients*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[nutrients@mdpi.com](mailto:nutrients@mdpi.com)

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### 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.

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### 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

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