

Special Issue

Influence of Diet on Age-Related Disease: From Physiopathology to Pathogenesis

Message from the Guest Editor

The most accepted definition of sarcopenic obesity is a combination of obesity and sarcopenia, which is found mainly but not exclusively in older people (>60 years) and is associated with increased likelihood of adverse outcomes. Sarcopenic obesity is characterized by high fat mass, low muscle mass, and low muscle strength, as well as low physical functionality. Subjects with this pathology manifest comorbidities such as type 2 diabetes mellitus (T2DM), dyslipidaemia, hypertension, non-alcoholic fatty liver diseases (NAFLD), and cardiovascular disease (CVD). These obesity-related comorbidities can be accompanied by symptoms related to sarcopenia such as weakness, fatigue, higher risk of fractures, frailty, higher risk of hospitalization, worse quality of life, and higher risk of early mortality. This collection will highlight emerging research on the pathogenesis of sarcopenic obesity and its management and prevention and focus on dietary intake, physical activity, and exercise. We are seeking different types of manuscripts related to sarcopenic obesity, epidemiological studies, long-term clinical trials, as well as narrative and systematic reviews and meta-analyses.

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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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