

Special Issue

Challenges to Limiting Sarcopenia and Age-Related Diseases to Promote Healthy Aging

Message from the Guest Editors

As life expectancy continues to increase worldwide, sarcopenia has become a major public health issue. Moreover, sarcopenia is not considered to be “a process of normative aging” but according to the International Classification of Disease, Tenth Revision, Clinical Modification (ICD-10-CM), is a disease. The impact of sarcopenia on health and well-being is broad. Sarcopenia increases the risk of age-related diseases such as osteoporosis, obesity, type II diabetes, cardiovascular diseases, physical frailty and injury. The problem worsens in the presence of these chronic diseases that accelerate the progression of sarcopenia. It is important to define the possible ways to promote healthy and successful aging. This Special Issue will highlight the challenges of sarcopenia and age-related diseases research to promote healthy aging. It intends to bring together basic researchers and clinicians working in the area of nutritional sciences, geriatrics, internal medicine and public health. Original research or review articles will be considered suitable for inclusion in the Special Issue.

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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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