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Title

Sarcopenia, frailty and proteins

Abstract

Sarcopenia (muscle failure) is a condition of acute or chronic loss of muscle mass and function that impacts the role of skeletal muscle. Low physical activity and poor nutrition habits sharply increase the risk of sarcopenia. Frailty is a biologic syndrome of decreased reserve and resistance to stressors, resulting from cumulative decline in multiple physiological systems. Sarcopenia is a leading cause (but not the only) of frailty. Both conditions share some pathophysiological aspects. The role of protein intake and protein metabolism in sarcopenia and frailty is now widely accepted, and interventions aimed at increasing protein intake and muscle mass are promising. Studies using leucine and HMB are also promising approaches to the management of these conditions.

Key references

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Key messages

- Sarcopenia and frailty are common conditions in older people leading to disability.
- Nutrition interventions, specially those linked with proteins, are a promising way to prevent and treat sarcopenia and frailty.