



Sarcopenia in Older Adults

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Message from the Guest Editor

"Sarcopenia" describes the age-related decline in skeletal muscle mass and function which has been associated with increased risk for disability, loss of independence, falls and mortality in older adults. In the past decade, several consensus groups have developed operational definitions of sarcopenia in an effort to increase clinical attention to this condition, and the assignment of an ICD-10-CM code in 2016 may be an important step in achieving this goal. Nevertheless, there remains substantial conjecture in the research literature, and subsequent confusion among clinician colleagues, regarding appropriate operational definitions, measurements and thresholds for sarcopenia. Furthermore, the causes and consequences of sarcopenia are multifactorial and appear to differ according to the definition applied.

- Aetiology of sarcopenia
- Lifestyle and pharmacological interventions for sarcopenia
- Novel techniques for assessment of sarcopenia
- Sarcopenia consequences according to different operational definitions
- Integrating sarcopenia case-finding into clinical practice
- Sarcopenia in specialised populations (eg. Type 2 diabetes)
- Health economics of sarcopenia





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