



Sarcopenia, Muscle Wasting and Exercise

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Deadline for manuscript
submissions:

closed (31 October 2018)

Message from the Guest Editor

Sarcopenia, a component of the fragility syndrome, is a condition which focuses on muscle loss. Loss of muscle mass and function, especially muscle strength and gait speed, associated with aging occurs in sarcopenia. Sarcopenia, cachexia, and malnutrition are considered as the main causes of muscle wasting and affect millions of elderly people and patients. Moreover, muscle atrophy can develop independently from diseases and age through disuse of the muscles. For a better classification and common language in medical science for “muscle wasting disease”, there is a proposal to combine the concepts of muscle wasting, sarcopenia, frailty, and cachexia using disease aetiology and disease progression. Sarcopenia and exercise is the main topic of this Special Issue. Exercise is associated with improved life quality, reduced health problems, and prolonged lifespan. Exercise should be considered a fundamental point in the treatment of pathological skeletal muscle mass reduction. The present Special Issue also seeks to emphasize to the scientific community the positive effects of adapted physical activity in preventing or treating muscle wasting.

