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Diet and Exercise Intervention for Sarcopenia and Disease-Induced Low Muscle Mass

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Deadline for manuscript submissions:
closed (15 June 2023)

Message from the Guest Editors

Dear Colleagues,

The world population has been ageing rapidly in recent decades. Ageing is associated with losses of muscle mass and function, leading to sarcopenia, which will be exacerbated when ageing is coupled with chronic disease, sedentary behaviour, hospitalization, and nutritional deficiencies. Sarcopenia or low muscle mass induced by acute or chronic stress increases the risk for poor outcomes, such as falls, hospital length of stay, and all-cause mortality. The definitive complex aetiology of sarcopenia is yet to be determined, as well as the treatment for this disorder, which remains to be elucidated. At the moment, sarcopenia is considered to be "overlooked but undertreated"[1]. As such, a better understanding of potential prevention or mitigation strategies to attenuate muscle decline during ageing, chronic disease, and hospitalization are urgent. This Special Issue aims to publish research on exercise and nutritional interventions to counteract sarcopenia. Your contribution to this Special Issue is much appreciated.

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Editors-in-Chief

Message from the Editorial Board

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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