



Malnutrition and Sarcopenia in Older Adults

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Message from the Guest Editors

Aging is accompanied by a variety of factors that increase the risk of malnutrition and sarcopenia, e.g., loss of sensory abilities, chewing and swallowing difficulties, loss of appetite, inflammation or decline of muscle mass, strength and function. Older adults often have several chronic comorbidities which can result in polypharmacy and further increase the risk of malnutrition and sarcopenia. Malnutrition and sarcopenia overlap and many patients are affected by these conditions simultaneously. Both malnutrition and sarcopenia are associated with adverse outcomes, such as increased disability or reduced quality of life, which negatively affect the patient's wellbeing but also the healthcare system due to higher healthcare costs. This Special Issue of *Nutrients*, entitled "Malnutrition and Sarcopenia in Older Adults", welcomes the submission of high-quality manuscripts describing either original research or systematic reviews and meta-analyses with humans. Studies on the evaluation of interventions for the prevention or treatment of malnutrition and sarcopenia in older adults (especially RCTs) are very welcome.





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