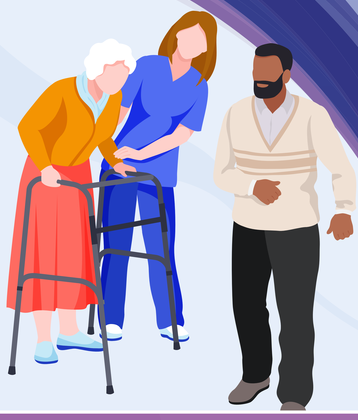
NUTRICIA
LIFE-TRANSFORMING NUTRITION

SARCOPENIA



WHAT?

Sarcopenia is a muscle disease characterized by the **progressive loss of muscle mass and strength**, and its **severity** measured by **low levels of physical performance**[1].

WHO?

Prevalence of sarcopenia in older adults

Up to **13%** in community[2]

Up to **37%** in hospital[3]

Up to **76%** in rehabilitation[4,5]

WHY?

Causes

- With **age**, factors such as **nutrition and physical exercise** become less effective in stimulating muscle protein synthesis
- This process is known as anabolic resistance[6] and results in muscle mass loss[1]

- **This weakened response** to anabolic stimuli (nutrition and physical exercise) is worsened by **malnutrition** and **disease**[1]

IMPACT?

Muscle function and performance[7,8]

Mobility[7,8]

Independence and Quality of Life[7,8]

Risk of falls and fractures[7,8]

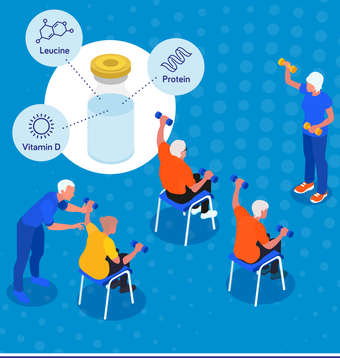
Hospital admissions and Length of Stay (LOS)[9]

Mortality[10]

5x more likely to have increased hospital costs upon admission with sarcopenia[11,12]

HOW TO MANAGE AND TREAT?

- Nutritional interventions to effectively manage sarcopenia (muscle-targeted nutritional interventions) should focus on[13]:
  - → Protein quality - ensure provision of high-quality protein (e.g. whey), containing 2.8g leucine per serving to optimise muscle protein synthesis[14]
  - → Protein quantity - ensure an effective dose of approx. 20g high quality protein, ideally after exercise, and a total daily protein intake of 1.2-1.5g/kg in at risk groups[15]
  - → Optimization of vitamin D status
- A multi-disciplinary approach involving appropriate muscle-targeted nutritional interventions and physical exercise (resistance training) is considered optimal for patients with sarcopenia[15]



Visit this Sarcopenia Tool to learn more on how to screen, diagnose and manage sarcopenia

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