Sarcopenic Obesity: etiology and lifestyle therapy

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INTRODUCTION

Sarcopenic obesity by body composition phenotype.

Age-related losses in skeletal muscle mass

Amount of body \textbf{fat} increases after \textbf{age} 30


The vicious cycle of unhealthy lifestyle
Explanatory model of the mechanisms that favor the onset of sarcopenic obesity (SO)

OVER - EATING -- LACK OF EXERCISE

AGEING

OBESITY

INSULIN RESISTANCE

ADIPOCYTE

- TNF
- IL - 6
- LEPTIN

MUSCLE REGENERATION

INFLAMMATION

MUSCLE LOSS

MYOSTATIN +

DIAGNOSIS

Older people should take an average daily protein intake of 1-1.2 g/kg each day.

At least 30 grams of protein per meal to promote protein anabolism.

Protein consumption should be 50% from food of plant origin.

Supplementation

To date, pharmacological and hormonal therapy have NOT yet been considered fully effective in the treatment of sarcopenia.

CONCLUSIONS

Sarcopenic Obesity can be prevented and treated by adopting a healthy lifestyle.

The ideal approach is based on the targeted intervention to both slow down the course of sarcopenia and promotes a decrease in adipose mass.

In the case of malnutrition, a supplementation with BCAA-based supplements, leucine, vitamin D, and β-HMB might help to improve and reduce the effects of sarcopenia.

General public health prevention strategies, while developing specific food education programs, interventions, and regular exercise practice should be improved.
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if you have any questions please do not hesitate to contact me at mauro.lombardo@uniroma5.it


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