

# SARCOPENIA

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## Edited by

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Sarcopenia is a major therapeutic challenge and a public health priority worldwide. More than two decades after the word was first used to define a distinct clinical condition, the definition of sarcopenia remains open for discussion, and its clinical relevance is still not fully understood. This book provides some answers. It provides a one-stop shop for state-of-the-art information on a topic of particular relevance in multiple fields.

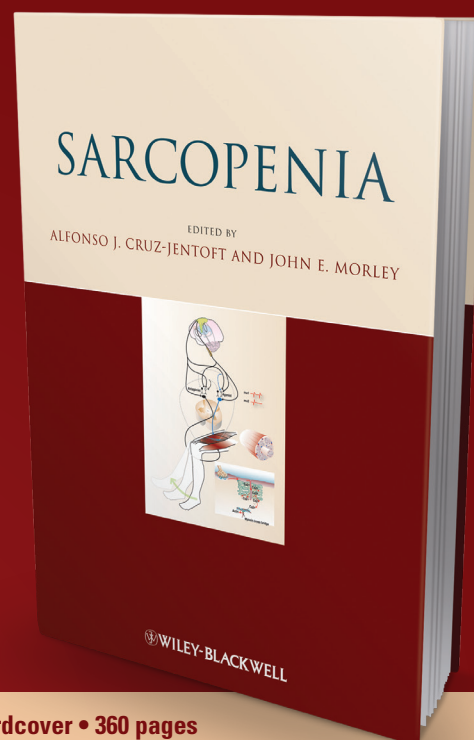
Written by experts from both the US and Europe, this book will be of practical interest to geriatricians, and clinicians and professionals working in nursing homes, nutrition and sports medicine.

## Key Features

- Defines and explains the clinical relevance of sarcopenia
- Covers all recent scientific evidence
- Discusses treatment options
- Considers ways of prevention

## Answers questions such as

- Is sarcopenia a normal part of the ageing process?
- When does it become a disease state?
- Is it only a morphologic or functional abnormality, or is it an age-related disease?



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- 2 Definitions of Sarcopenia
- 3 Muscle Biology and mTORC1 Signaling in Aging
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