

Loss of Physical Performance, Strength, and Muscle in Sarcopenia

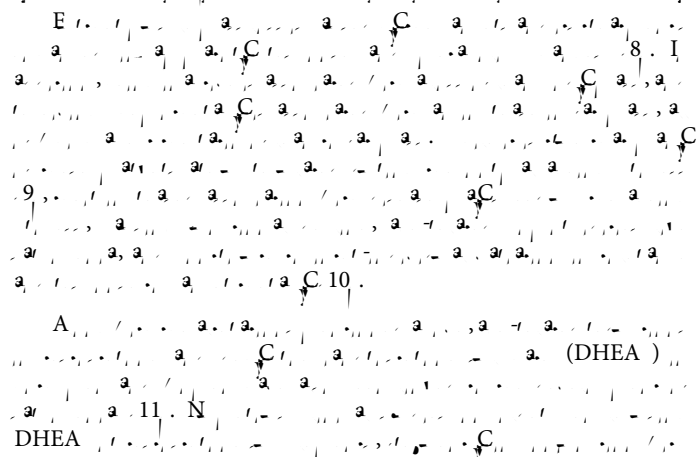
Ivan Cavero*

Abstract

A characteristic of ageing, sarcopenia is described as the loss of muscular mass, strength, and physical performance. It is usually linked to altered amino acid metabolism, increased muscle protein catabolism in comparison with younger individuals, and a general decrease of body mass. Sarcopenia has been demonstrated to contribute to poor surgical results, increased mortality, and decreased quality of life. Although many older cancer patients do not meet the recommendations for physical activity and nutrition, and cancer treatment can make it more challenging to make positive lifestyle changes, increased physical activity and an adequate nutrition can improve muscle mass and strength. Sarcopenia development is a common age-related phenomenon, the catabolic processes that go along with it seem to be related to mitochondrial dysfunction and impaired muscle stem cell regenerative capacity. and molecular changes, such as mitochondrial dysfunction and impaired muscle stem cell regenerative capacity. Although many older cancer patients do not meet the recommendations for physical activity and nutrition, and cancer treatment can make it more challenging to make positive lifestyle changes, increased physical activity and an adequate nutrition can improve muscle mass and strength.

Keywords: Sarcopenia, muscle mass, strength, physical performance, ageing, mitochondrial dysfunction, muscle stem cell regenerative capacity.

Introduction Sarcopenia is a condition characterized by a loss of muscle mass and strength, which is associated with a decline in physical performance and an increased risk of falls and fractures. It is a common condition in older adults, and its prevalence increases with age. The underlying mechanisms of sarcopenia are complex and involve a combination of factors, including changes in muscle protein metabolism, hormonal changes, and mitochondrial dysfunction.



***Corresponding author:** Ivan Cavero, Castilla-La Mancha University, Health and Social Research Center, Cuenca, Spain, E-mail: ivancav89@hotmail.com

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