



Challenges to Limiting Sarcopenia and Age-Related Diseases to Promote Healthy Aging

Guest Editors:

Dr. Dominique Meynial-Denis

Human Nutrition Unit (UMR 1019)
and CRNH Centre de Recherche
en Nutrition Humaine
d'Auvergne, Clermont-Ferrand,
France

Prof. Dr. Giacomo Garibotto

1. Department of Internal
Medicine, Division of Nephrology,
Dialysis and Transplantation,
University of Genoa, Viale
Benedetto 15,6, I-16132 Genoa,
Italy
2. IRCCS Ospedale Policlinico
San Martino, Genoa, Italy

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Message from the Guest Editors

Dear Colleagues,

As life expectancy continues to increase worldwide, sarcopenia has become a major public health issue. Moreover, sarcopenia is not considered to be “a process of normative aging” but according to the International Classification of Disease, Tenth Revision, Clinical Modification (ICD-10-CM), is a disease.

The impact of sarcopenia on health and well-being is broad. Sarcopenia increases the risk of age-related diseases such as osteoporosis, obesity, type II diabetes, cardiovascular diseases, physical frailty and injury. The problem worsens in the presence of these chronic diseases that accelerate the progression of sarcopenia. It is important to define the possible ways to promote healthy and successful aging.

This Special Issue will highlight the challenges of sarcopenia and age-related diseases research to promote healthy aging. It intends to bring together basic researchers and clinicians working in the area of nutritional sciences, geriatrics, internal medicine and public health. Original research or review articles will be considered suitable for inclusion in the Special Issue.

Dr. Dominique Meynial-Denis

Prof. Dr. Giacomo Garibotto

Guest Editors





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Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación
Biomédica en Red Fisiopatología
de la Obesidad y la Nutrición
(CIBEROBN), Institute of Health
Carlos III, 28029 Madrid, Spain
2. Research Institute of
Biomedical and Health Sciences
(IUIBS), University of Las Palmas
de Gran Canaria, 35001 Las
Palmas, Spain
3. Preventive Medicine Service,
Centro Hospitalario Universitario
Insular Materno Infantil (CHUIMI),
Canarian Health Service, 35016
Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional
Sciences, University of
Connecticut, Storrs, CT 06269,
USA

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