



Clinical Nutrition and Aging: Sarcopenia and Muscle Metabolism

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Sarcopenia—the loss of muscle mass and strength that occurs with advancing age—is a major health challenge, particularly in North America, Europe, and Japan, which have large aging populations. This compendium volume is a valuable addition to the existing literature, providing state-of-the-art information on the most effective prevention and treatment options. Included are research articles on nutrition management and the prevention of sarcopenia; protein therapy for sarcopenia; effect of exercise on sarcopenia; and other therapeutic strategies, including antioxidants and steroids.

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