



Diet and Exercise Intervention for Sarcopenia and Disease-Induced Low Muscle Mass

Guest Editors:

Prof. Dr. Adam Gordon

**Prof. Dr. Paula Schmidt
Azevedo**

Prof. Dr. Carolyn Greig

Prof. Dr. Ivan Aprahamian

**Prof. Dr. Marcos Ferreira
Minicucci**

Deadline for manuscript
submissions:
closed (15 June 2023)

Message from the Guest Editors

Dear Colleagues,

The world population has been ageing rapidly in recent decades. Ageing is associated with losses of muscle mass and function, leading to sarcopenia, which will be exacerbated when ageing is coupled with chronic disease, sedentary behaviour, hospitalization, and nutritional deficiencies. Sarcopenia or low muscle mass induced by acute or chronic stress increases the risk for poor outcomes, such as falls, hospital length of stay, and all-cause mortality. The definitive complex aetiology of sarcopenia is yet to be determined, as well as the treatment for this disorder, which remains to be elucidated. At the moment, sarcopenia is considered to be "overlooked but undertreated"¹. As such, a better understanding of potential prevention or mitigation strategies to attenuate muscle decline during ageing, chronic disease, and hospitalization are urgent. This Special Issue aims to publish research on exercise and nutritional interventions to counteract sarcopenia. Your contribution to this Special Issue is much appreciated.





nutrients



an Open Access Journal by MDPI

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

Author Benefits

Open Access: free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility: indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

Journal Rank: JCR - Q1 (*Nutrition & Dietetics*) / CiteScore - Q1 (*Nutrition and Dietetics*)

Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

Contact Us

Nutrients Editorial Office
MDPI, St. Alban-Anlage 66
4052 Basel, Switzerland

Tel: +41 61 683 77 34
www.mdpi.com

mdpi.com/journal/nutrients
nutrients@mdpi.com
[X@Nutrients_MDPI](https://twitter.com/Nutrients_MDPI)