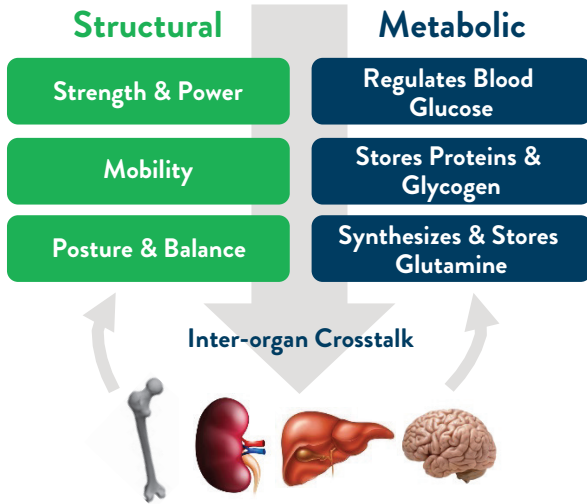


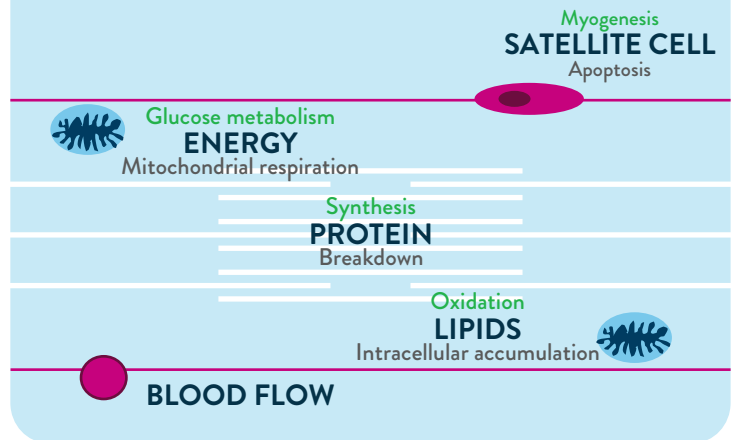
WHY MAINTAINING MUSCLE MATTERS

Muscle plays structural and metabolic roles • Loss of lean body mass impacts patient outcomes

MUSCLE FUNCTION



METABOLIC CONSIDERATIONS in SKELETAL MUSCLE



Malnutrition

Chronic Disease

Acute Illness

Aging

MUSCLE LOSS

Injury

Sedentary Lifestyle

Inflammation

Hospitalization

COMPLICATIONS AND ASSOCIATED RISKS

- Loss of strength and energy
- Falls and fractures
- Mobility-disability
- Illness and infection

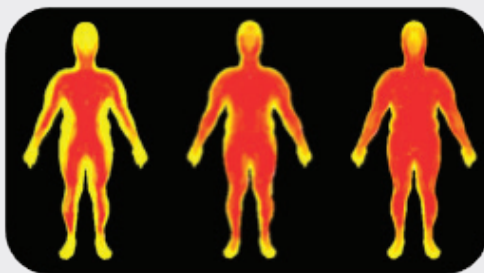


- Length of hospital stay
- Hospital readmissions
- Recovery time
- Mortality



YOU CAN'T ALWAYS SEE MUSCLE LOSS

**BMI doesn't always tell you the full story:
Same BMI, different LBM by DXA**



■ Lean mass
■ Fat mass

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IDENTIFY

Patients at risk of muscle loss, especially those with recent weight loss and acute or chronic illness

INTERVENE

Exercise & Physical Activity

Nutrition

- Nutrition counseling
- High-protein foods and snacks
- Oral nutritional supplementation

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