

ADVANCES IN MUSCLE HEALTH AND NUTRITION



Low muscle mass and malnutrition are prevalent conditions among adults of all ages, with any body weight or body mass index, and with acute or chronic conditions, including COVID-19

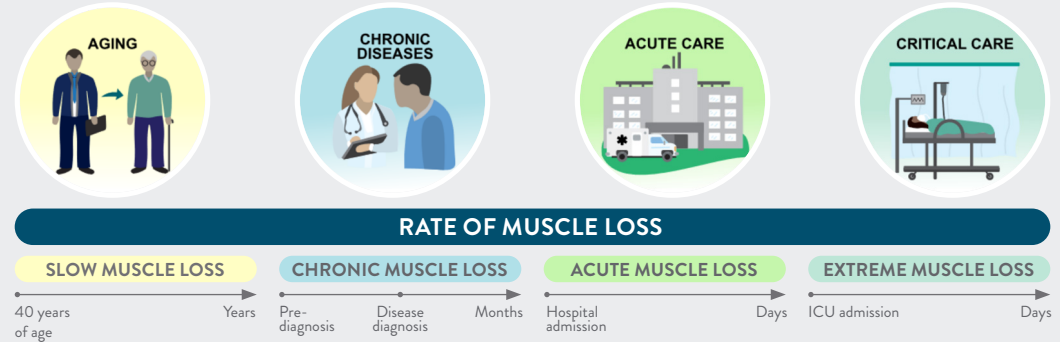


Although low muscle mass and malnutrition can occur independently of each other, they frequently overlap, especially among hospitalized patients and those with chronic conditions such as cancer

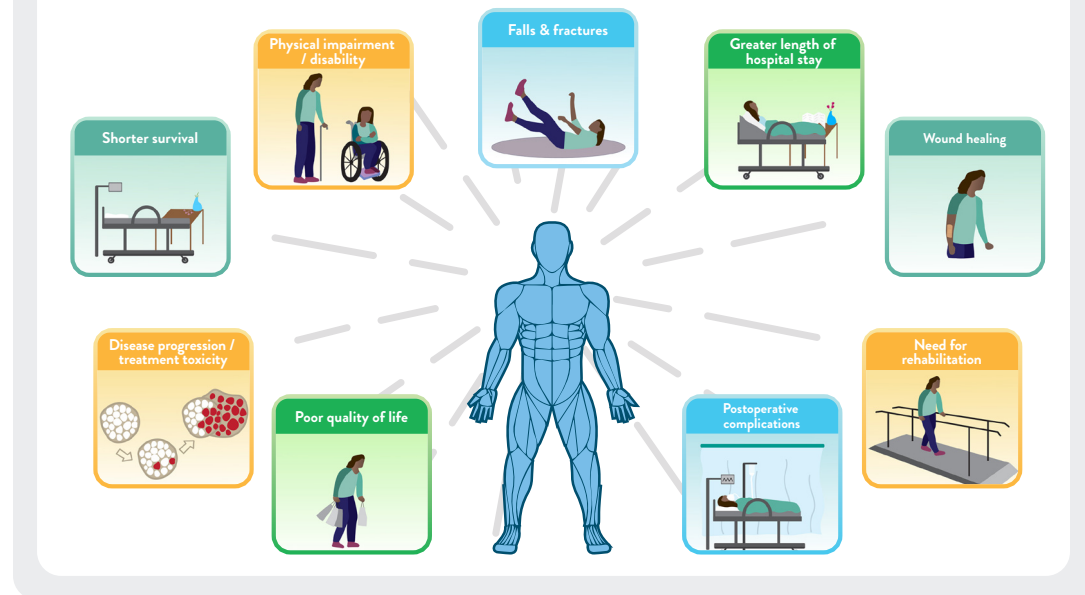


Muscle mass loss has significant consequences including physical impairment, complications and poorer quality of life

POPULATIONS AT INCREASED RISK OF MUSCLE LOSS



CONSEQUENCES OF MUSCLE LOSS



ADVANCES IN MUSCLE HEALTH AND NUTRITION

RECOMMENDATIONS FOR CLINICAL PRACTICE TO ENSURE PATIENTS AT RISK FOR MALNUTRITION ARE CONSISTENTLY SCREENED, ASSESSED, TREATED, AND MONITORED:

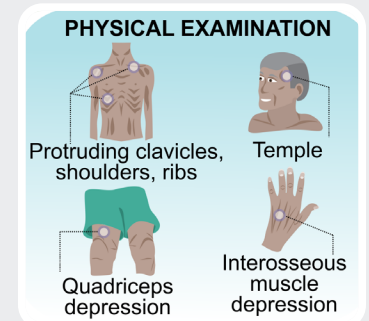
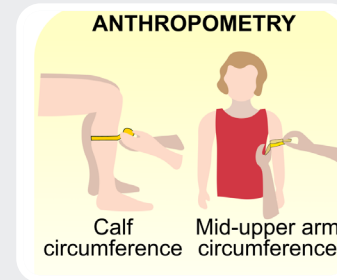
- Advance screening, assessment, and diagnostic practices for low muscle mass and malnutrition with tools such as MUST, MST, SARC-F, GLIM, and R-MAPP
- Use of surrogate tools to identify low muscle mass in the absence of body composition techniques, such as calf circumference for muscle mass and handgrip strength for muscle function
- Promote a multidisciplinary approach by including physicians, dietitians, nurses, exercise physiologists, and/or physical and occupational therapists
- Provide nutrition education for patients, families and caregivers to increase awareness of early signs of malnutrition and muscle loss

RECOMMEND EARLY NUTRITION INTERVENTIONS in at-risk patients to support anabolism, reduce catabolism, and improve patient outcomes. Nutrition intervention may include: protein and amino acids, branched-chain amino acids, with a focus on leucine; b-hydroxy b-methylbutyrate (HMB), vitamin D; n-3 polyunsaturated fatty acids (n-3 PUFA), polyphenols, and oral nutritional supplements.

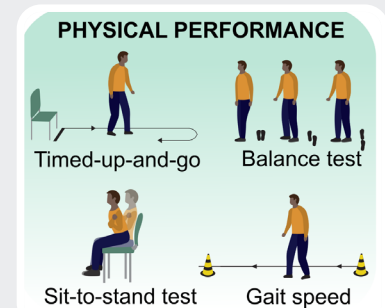
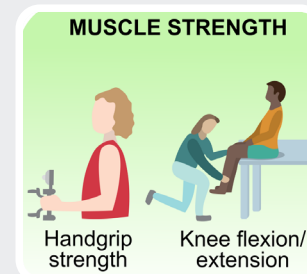
GLIM- Global Leadership Initiative on Malnutrition
MST- Malnutrition Screening Tool
MUST- Malnutrition Universal Screening Tool

R-MAPP- Remote Consultation on Malnutrition in the Primary Practice
SARC-F- Strength, Assistance with walking, Rising from a chair, Climbing stairs, and Falls

SURROGATE APPROACHES FOR MUSCLE MASS ASSESSMENT



APPROACH FOR MUSCLE FUNCTION ASSESSMENT (SHOULD NOT BE USED AS PROXIES FOR MUSCLE MASS)



Visit anhi.org for our latest muscle health resources and scan the QR code to view a short video on “Advances in Muscle Health and Nutrition: A toolkit for healthcare professionals”



Prado CM, et al. Advances in muscle health and nutrition: A toolkit for healthcare professionals. *Clin Nutr* 2022; 41(10): 2244-2263.