WHY MAINTAINING MUSCLE MATTERS
Muscle plays structural and metabolic roles • Loss of lean body mass impacts patient outcomes

MUSCLE FUNCTION
Structural
- Strength & Power
- Mobility
- Posture & Balance

Metabolic
- Regulates Blood Glucose
- Stores Proteins & Glycogen
- Synthesizes & Stores Glutamine

Inter-organ Crosstalk

METABOLIC CONSIDERATIONS in SKELETAL MUSCLE
- Glucose metabolism
- Mitochondrial respiration
- Myogenesis
- SATELLITE CELL
- Apoptosis

EMEN

ENERGY

PROTEIN

Breakdown

Oxidation

LIPIDS

Intracellular accumulation

BLOOD FLOW

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

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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

References.

Carneiro et al., reprinted with permission