

Maintaining

MUSCLE & STRENGTH

As You Age

A new global review published in *Age and Ageing* and sponsored by Abbott Nutrition sheds light on the significant *number of adults age 50 and older that suffer from sarcopenia, a debilitating condition characterized by progressive loss of muscle mass and strength.*

This review encourages physicians to screen their patients 50 and older for sarcopenia and provides recommendations on potential strategies for improving muscle mass, function or strength in adults age 50 and older, as well as suggests clinical screenings for them.¹ Maintaining muscle health can help adults remain active and healthy as they age — important factors in successful aging.

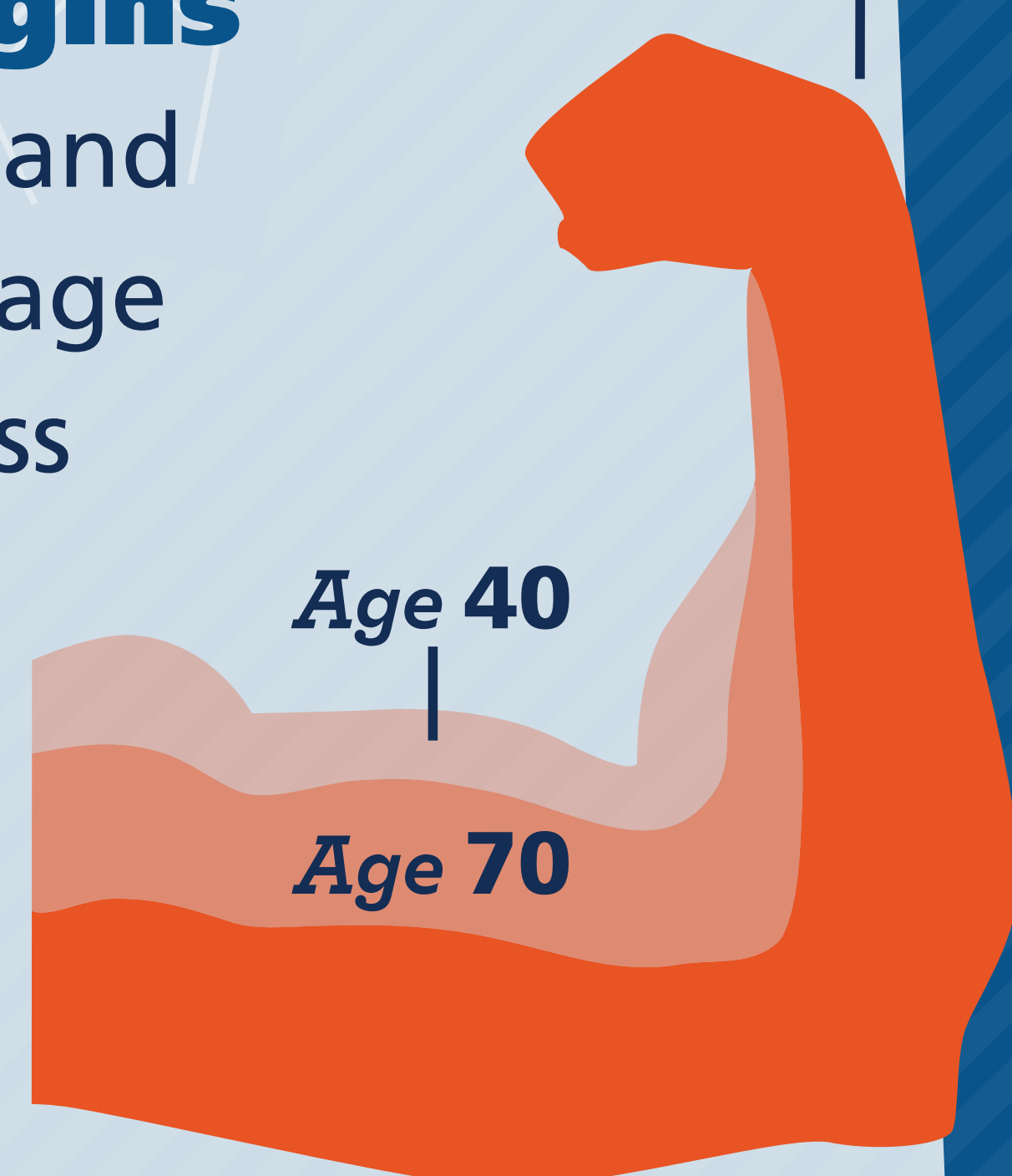
ACTIVE ADULTS

Today's adults think, feel and behave *5 – 10 years younger* than their actual age, and are looking to remain strong and healthy as they age.²



MUSCLE LOSS IN ADULTS

Muscle loss begins around age 40 and accelerates around age 70.³⁻⁶ The natural loss of muscle in adults *increases their risk for sarcopenia.*



CONSEQUENCES OF SARCOPENIA

Sarcopenia can affect adults' ability to perform *daily activities*, such as: **walking, rising out of a chair, lifting objects, walking up stairs.**^{7,8}



PREVALENCE OF SARCOPENIA

The review found that approximately *1 out of 3 adults* age 50 and older suffer from sarcopenia.¹



THE AGING POPULATION

As life expectancy increases, the number of people experiencing muscle loss and sarcopenia is expected to increase. In 2010, approximately 1 out of every 5 persons was 50 years or older. **By 2050, approximately 2 out of every 5 persons** will be age 50 years or older.⁹



TAKE ACTION TO MAINTAIN MUSCLE HEALTH

Simple strategies may improve muscle health in adults 50 and older:

Targeted Nutrition



Increasing daily intake of **HMB***, **protein** and **essential amino acids (EAAs)**, may help to improve muscle mass, function or strength.¹

Exercise



Resistance exercise may improve muscle function.¹

Talk to Your Physician



Adults 50 and over should talk to their physician to discuss ways to maintain muscle health and prevent sarcopenia.¹

* HMB is an amino acid metabolite that occurs naturally in muscle and is found in small amounts in some foods, such as avocado, grapefruit and catfish.

¹ Cruz AJ et al. *Age and Ageing* 2014; [In Press] <http://ageing.oxfordjournals.org/content/early/2014/09/19/ageing.afu115.full.pdf+html>

² SilverPoll™ January 2009.

³ Grimby GB et al. *Acta Physiol Scand.* 1982;115:125.

⁴ Larsson L et al. *J Appl Physiol.* 1979;46:451.

⁵ Flakoll P et al. *Nutrition.* 2004;20:445-451.

⁶ Baier S et al. *J Parenter Enteral Nutr.* 2009;33:71-82.

⁷ Baumgartner RN et al. *Am J Clin Nutr.* 1998;147:755-763.

⁸ Pichard C et al. *Am J Clin Nutr.* 2002;79:613-618.

⁹ United Nations, Department of Economic and Social Affairs, Population Division (2011). *World Population Prospects: The 2010 Revision, CD-ROM Edition.*