

Chairs:

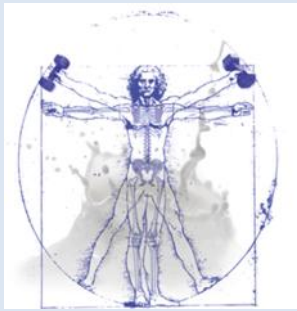
Jean-Yves Reginster
ESCEO President

and

René Rizzoli
President of the ESCEO
Scientific Advisory
Board

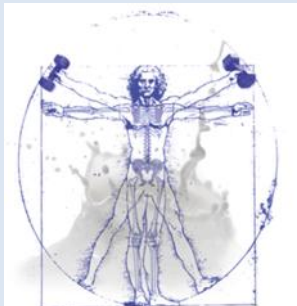
**Proteins and sarcopenia :
a review of evidence**

SATELLITE SYMPOSIUM CERIN



Take home messages

- 1 Sarcopenia is characterized by loss of skeletal muscle AND strength; it has a huge personal and financial cost.
- 2 Maintenance of skeletal muscle mass and function throughout life, and especially with aging, is essential to prevent sarcopenia.
- 3 Protein nutrition in combination with resistance exercise is considered optimal for maintaining muscle function.
- 4 Aging is associated with a blunted muscle protein response to dietary protein called anabolic resistance.



Take home messages

5 Older people need more protein than younger people: 1-1.2g/kg/day. Protein quality, digestion rate and timing of intake should be considered to achieve the greatest benefits from protein intake.

6 Evidence suggests that milk protein intake, including leucine-rich rapidly digested whey proteins, in combination with resistance training is an effective strategy to improve muscle mass and function in the elderly.

7 Emerging evidence points to a bidirectional crosstalk between osteocytes and muscle cells, leading to the “bone muscle unit” concept. Future research should focus on the simultaneous assessment and prevention of both osteoporosis and sarcopenia.