

Menopausal health:

Sarcopenia and sarcopenic obesity

Sarcopenia, or accelerated loss of skeletal muscle mass, is associated with increased morbidity and mortality. The coexistence of sarcopenia and increased fat mass is referred to as sarcopenic obesity.

Risk factors

- Female gender
- Advanced age
- Low levels of physical activity
- Low protein intake
- Low body mass index

Effects on health

- Increased risk of falls and fractures
- Impaired ability to perform activities of daily living
- Increased risks of:
 - cardiovascular disease
 - respiratory disease
 - cognitive impairment
 - mobility disorders
- Lower quality of life
- Loss of independence
- The need for long-term care
- Increased mortality

Sarcopenia affects up to 10% of people over the age of 60.

Management strategies

- Strength exercise training
- Optimizing nutritional intake

Further information

Beaudart et al. (2025). Health outcomes of sarcopenia: a consensus report by the outcome working group of the Global Leadership Initiative in Sarcopenia (GLIS) <https://doi.org/10.1007/s40520-025-02995-9>

Donini et al. (2022). Definition and diagnostic criteria for sarcopenic obesity: ESPEN and EASO consensus statement <https://doi.org/10.1159/000521241>