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The age-related loss of skeletal muscle mass and function: measurement and mechanisms of muscle fibre atrophy and muscle fibre loss in humans

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Running title: Age-related muscle atrophy

Highlights

- Loss of muscle mass with age is due to atrophy *and* loss of individual muscle fibres
- Anabolic resistance is fundamental in age-related fibre atrophy
- Fibre loss is associated with denervation and remodelling of motor units
- The plasticity of both factors should be considered in future research

Abstract

Age-related loss of skeletal muscle mass and function, sarcopenia, is associated with physical frailty and increased risk of morbidity (chronic diseases), in addition to all-cause mortality. The loss of muscle mass occurs incipiently from middle-age

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