

# Loss of Physical Performance, Strength, and Muscle in Sarcopenia

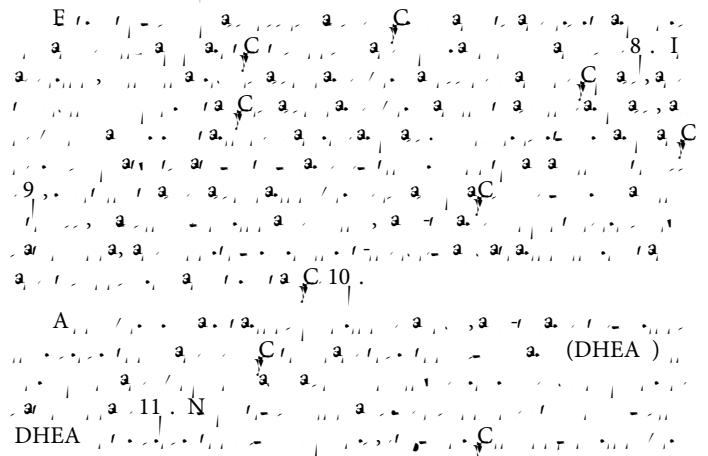
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### Abstract

A characteristic of ageing, sarcopenia is described as the loss of muscular mass, strength, and physical performance. It is usually linked to altered amino acid metabolism, increased muscle protein catabolism in comparison linked to a general decrease of body mass. Sarcopenia has been demonstrated to contribute to poor surgical results, sarcopenia development is a common age-related phenomenon, the catabolic processes that go along with it seem to and molecular changes, such as mitochondrial dysfunction and impaired muscle stem cell regenerative capacity. Although many older cancer patients do not meet the recommendations for physical activity and nutrition, and cancer treatment can make it more challenging to make positive lifestyle changes, increased physical activity and an adequate

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