

Publication

Pharmacological targeting of age-related changes in skeletal muscle tissue

JournalArticle (Originalarbeit in einer wissenschaftlichen Zeitschrift)

ID 4509602

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Year 2020

Title Pharmacological targeting of age-related changes in skeletal muscle tissue

Journal Pharmacological Research

Volume 154

Pages / Article-Number 104191

Keywords Aging; Exercise; Nutrition; Sarcopenia; Skeletal muscle; mTORC1

Mesh terms Aging; Animals; Humans; Muscle, Skeletal; Sarcopenia, drug therapy

Sarcopenia, the age-related loss of skeletal muscle mass and function, increases the risk of developing chronic diseases in older individuals and is a strong predictor of disability and death. Because of the ongoing demographic transition, age-related muscle weakness is responsible for an alarming and increasing contribution to health care costs in Western countries. Exercise-based interventions are most successful in preventing the decline in skeletal muscle mass and in preserving or ameliorating functional capacities with increasing age. However, other treatment options are still scarce. In this review, we explore currently applied nutritional and pharmacological approaches to mitigate age-related muscle wasting, and discuss potential future therapeutic avenues.

Publisher Elsevier

ISSN/ISBN 1043-6618

edoc-URL <https://edoc.unibas.ch/71377/>

Full Text on edoc Available;

Digital Object Identifier DOI 10.1016/j.phrs.2019.02.030

PubMed ID <http://www.ncbi.nlm.nih.gov/pubmed/30844535>

Document type (ISI) Journal Article, Review