

International Summit on **HORMONAL DISORDERS**

June 13, 2023 | Webinar

Sarcopenic Obesity: An emerging public health problem**Tavleen Kaur***ICMR- National Institute of Nutrition, India*

Sarcopenic obesity (SO) is a syndrome seen largely in the geriatric population, characterized by a declining muscle mass and function and a subsequent rise in adipose tissue mass. ESPEN and EASO have made significant efforts towards reaching a consensus for defining and diagnosing it via a 3-step process- screen, diagnose and stage. Multiple factors add up synergistically to contribute towards making a person susceptible to SO- lifestyle factors, dietary patterns, age-related hormonal changes, inflammatory factors, altered gene expression and immunological changes in the body.

So has been found to be linked with an increased risk of comorbidities like cardiovascular diseases, increased immobility, frailty and mortality- making it a rising public health concern.

Preventive approaches should focus on maintaining a healthy body weight, decreasing fat mass while preserving the muscle mass. Incorporating interventions like targeted dietary approaches focusing on protein content and quality, especially focusing on essential amino acids like lysine, vitamin D, selenium, soy isoflavones while maintaining a hypocaloric diet helps maintain both the muscle strength and body weight. Diet and physical exercise are both equally important for the geriatric and pre-geriatric age-group to prevent incidence and progression of SO. Physical activity- both aerobic and resistance training are powerful approaches which can successfully counteract health deteriorating effects of SO in the elderly.

There is a need to develop measures to inform, educate and motivate the elderly population to

engage in healthy preventive practices, as well as promoting innovative strategies like vibration therapy for stimulating muscle contraction in aged immobile individuals.

Biography

Tavleen is a postgraduate student pursuing her Masters of Science in Applied Nutrition from ICMR-National Institute of Nutrition (NIN), Hyderabad. She has done multiple internships in the field of clinical dietetics, public health nutrition as well as in various schools for specially abled children. Her area of interest lies in exploring various determinants of obesogenic food environment and nutritional psychology.