



Sarcopenia, Diabetes and Nutrition: Recent Findings

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Message from the Guest Editors

Dear Colleagues,

A major nutritional paradox exists in modern society. Both obesity and type 2 diabetes have become global epidemics, imposing substantial risks of morbidity, mortality, and healthcare costs. Optimising nutritional intake to achieve reductions in body weight and blood glucose represents a pivotal part of clinical management of these metabolic disorders. At the same time, many individuals are malnourished, including specific groups such as the elderly and survivors of critical illness, in whom the loss of muscle mass and strength is linked to increased risk of sarcopenia. This Special Issue aims to highlight recent advances in the understanding of the health and social-economic impacts, dysregulation of nutrient intake and metabolism, and emerging therapeutic (particularly nutritional) approaches, in relation to these disorders.

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