

Sarcopenia: epidemiology and current treatments?

G. Rosano

St George's University, London

Cachexia and muscle wasting are consequence of ageing and a variety of illnesses. The disease classification of *Muscle Wasting Diseases* can be applied in acute and chronic disease settings and it is pertinent for wasting diseases, cachexia and sarcopenia of any severity and due to any underlying illness. The concept of muscle wasting disease is based on the most common denominator of the underlying wasting processes, i.e. muscle wasting, without ignoring advanced disease states that are also accompanied by fat tissue wasting. The term *muscle wasting disease* is easily understood by the scientific community as well as the lay public, which may promote its general use.

Novel therapeutic strategies are under development for the treatment of patients with cachexia and/or sarcopenia.