

Impact of Muscle Loss

8 Ways Muscle Loss Impacts Your Health

Advanced muscle loss, or sarcopenia, is common in older adults or with some chronic diseases. But it's also an alert that your health may be at risk. Learn about the impacts below.

1. Falls



Falls and fractures are the leading cause of injury and death among older adults.

3. Weight



Muscle mass is responsible for the majority of calories you burn per day. As muscle mass declines, you burn fewer calories.

5. Insulin Resistance

Muscle uses blood glucose, or sugar, for fuel. Muscle loss can result in insulin resistance.



7. Breathing Problems

Breathing problems, including chronic obstructive pulmonary disease (COPD), can be exacerbated by muscle loss.



2. Mobility

Loss of strength can limit mobility and result in loss of independence.



4. Heart Health

Muscle loss in the arms and legs can impact cardiovascular health.

6. Hospital Complications

Patients with less muscle are more likely to experience complications like infection or longer recovery times after surgery or illness.



8. Life Expectancy

Inadequate muscle to fat ratio has been linked to a shortened lifespan.



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