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There is an association between sarcopenia, osteoporosis, and the risk of hip fracture

Sarkopeni, osteoporoz ve kalça kırığı riski arasında ilişki vardır

O. Şahap Atik, MD

Professor of Orthopedic Surgery, Turkish Joint Diseases Foundation, Ankara, Turkey

Sarcopenia is an age-related condition associated with progressive loss of muscle mass and function. It leads to physical disability, poor quality of life, and mortality.[1] There is an association between sarcopenia, osteoporosis, and the risk of hip fracture; like distal radius fracture and hip fracture.[2,3] Sarcopenia also increases the risk of five-year mortality in patients with osteoporotic hip fractures.[4]

Genetic, developmental, endocrine, and lifestyle factors, such as lack of physical activity, smoking, and poor diet have dual effects on both muscle and bone mass.[5] Vitamin D receptor might be a key element of osteoporosis-sarcopenia connection in muscle atrophy of elderly patients.[6]

Due to low physical performance and high bone turnover, older adults with osteosarcopenia have to be regarded as the most at-risk population for fractures and disability.[7] Interventions such as resistance training, optimal dietary protein, vitamin D, and calcium intake have positive effect on bone and muscle, reducing falls, fractures, and, consequently, disability.[8] A recent systematic review provides evidence of the beneficial effect of dairy protein to improve muscle mass in middle-aged and older adults.[9]

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Correspondence: O. Şahap Atik, MD. e-mail: satikmd@gmail.com

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