



**Telehealth for Falls and Eracture  
Prevention Implementation Trial**

Dr Jenny Gianoudis has a conversation with

**A/PROF. DAVID SCOTT**

Institute for Physical Activity and  
Nutrition, Deakin University

Educational Module 2

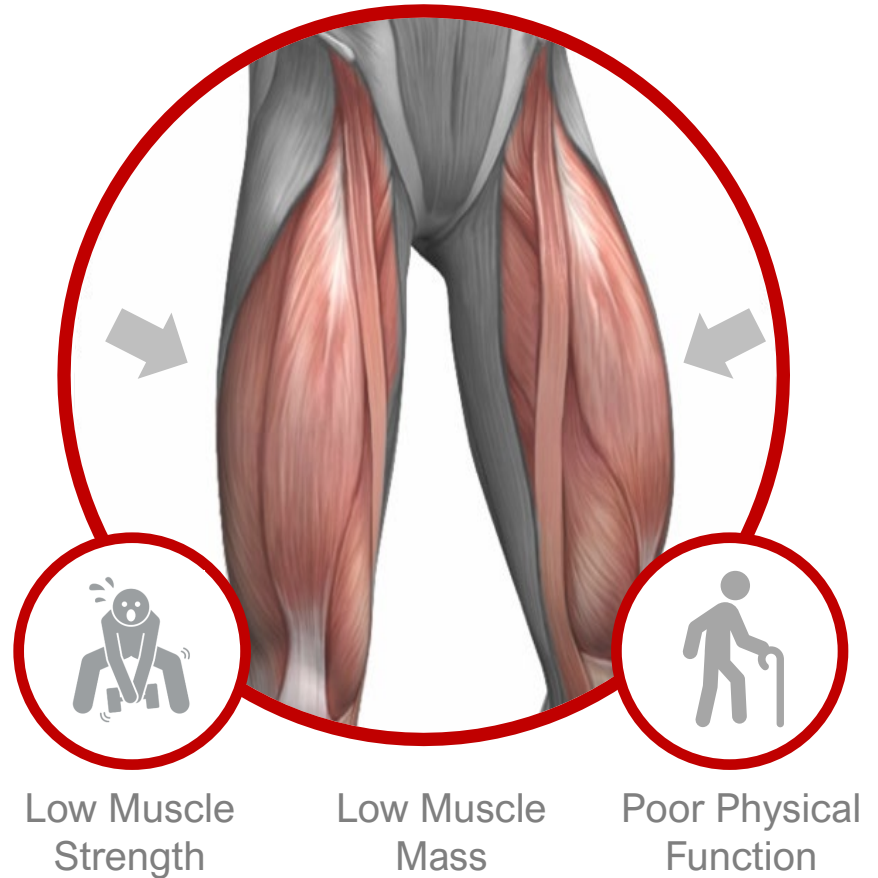


**Muscle Loss, Sarcopenia  
and their Risk Factors**

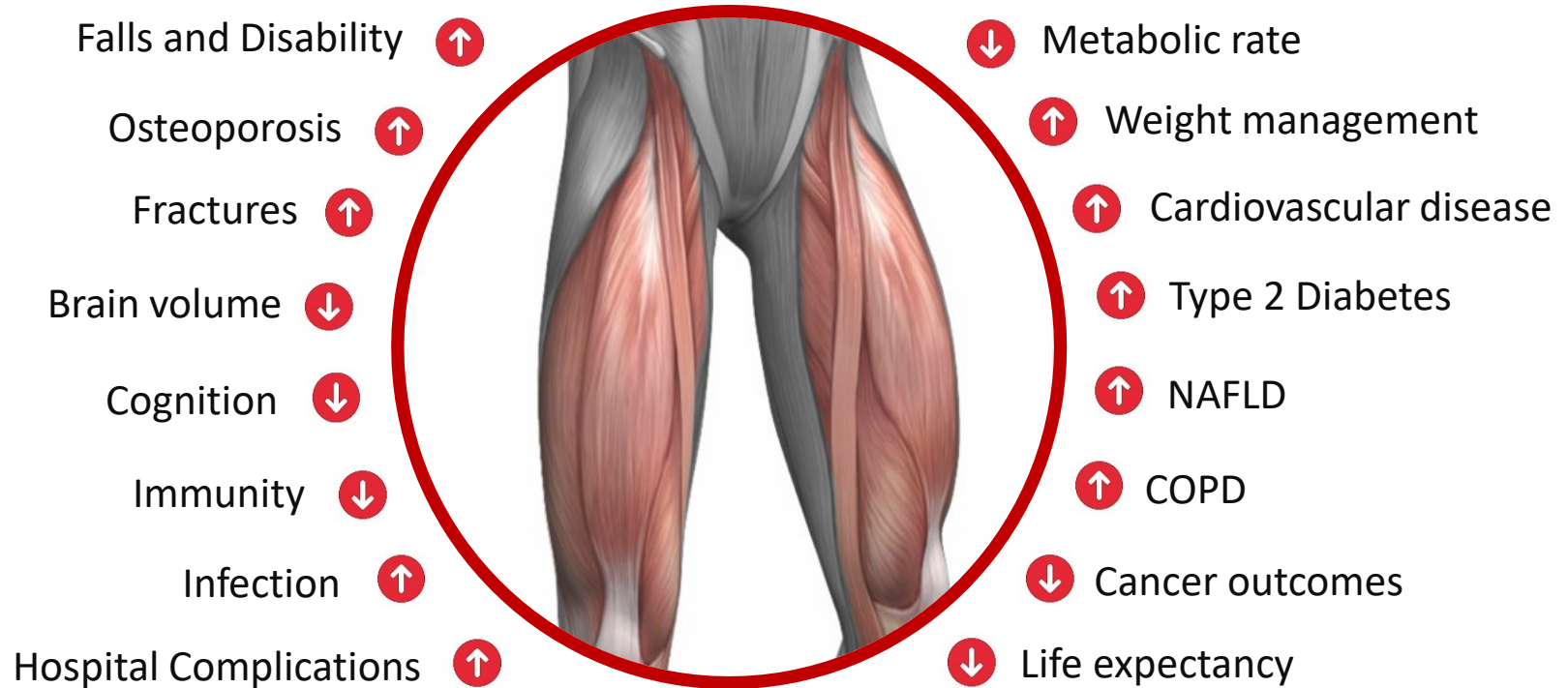
# Sarcopenia

A clinical condition representing a progressive and accelerated loss of muscle strength, muscle mass and physical function

**ICD-10-AM  
Code (2019)**



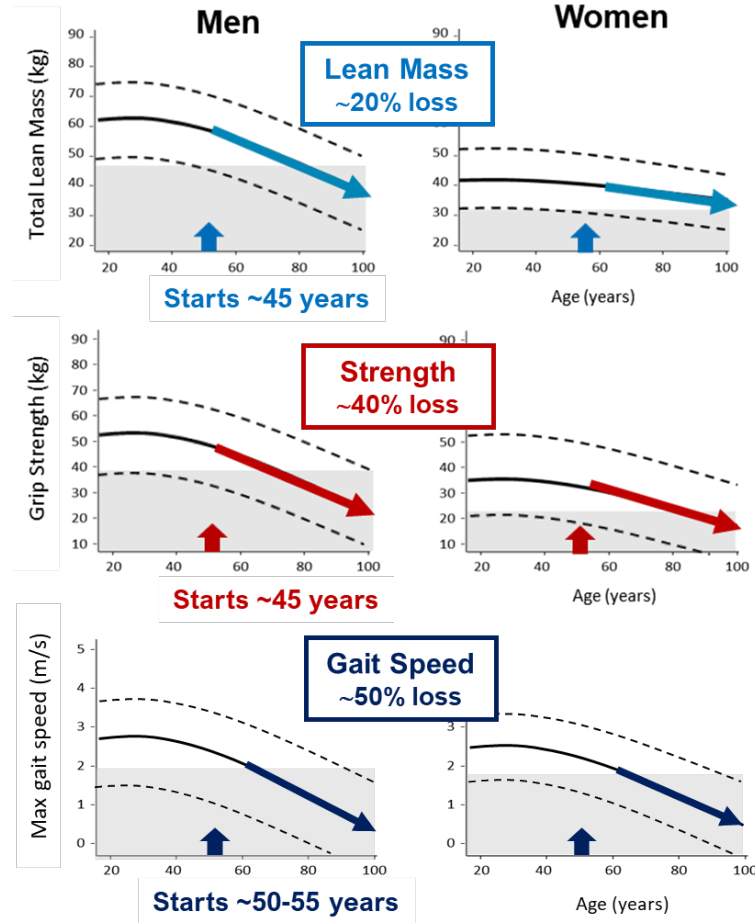
# *Consequences of* **Muscle Loss**





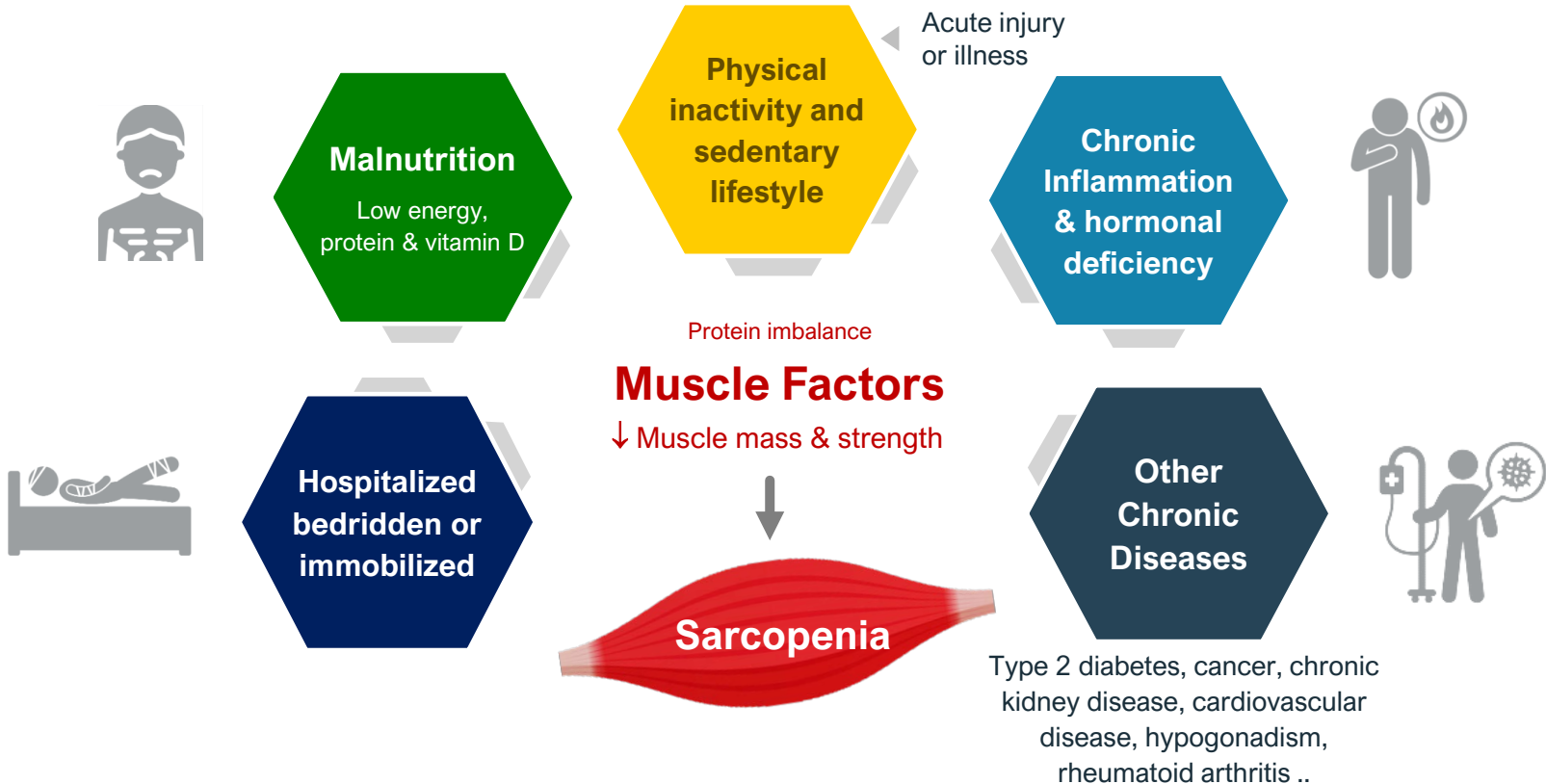
# Understanding Age-related Muscle Loss

Sarcopenia is estimated to affect 1 in 5 Australians aged over 60 years living in the community<sup>14</sup>



Suetta C et al. J Cachexia, Sarcopenia and Muscle 2019

# Who is at Risk for Sarcopenia?



# Signs & Symptoms of Sarcopenia



Trouble lifting, carrying  
or opening items



Walking more  
slowly



Difficulty to get  
out of chair



Difficulty  
walking up stairs



Unintentional  
weight loss



Easily  
exhausted



Poor balance  
or mobility



More frequent  
falling

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Influence the ability to undertake normal everyday activities of daily living

# Treatment Options for Sarcopenia



**Resistance &  
functional-based  
exercises**



Performed at least  
twice per week

+

**Ensure adequate  
nutrition (protein-  
rich foods)**



Include high-quality  
protein sources and  
sufficient vitamin D



Image courtesy of TeleHab (VALD Health) <https://valdhealth.com/>

**Combination elicits the greatest benefits to muscle mass, strength and function**



RESISTANCE TRAINING