THE LIFETIME ROOTS OF SARCOPENIC OBESITY
Is there evidence for an optimal body composition in old age?
Is there a weight threshold that predicts healthy aging?
Which trajectories of weight change over the lifetime are associated with health outcomes?
Do changes in young age predict body composition changes in old age?

Obesity in young vs. old age

Obesity and sarcopenia are related to changes in body composition?

With the increasing prevalence of obesity and sarcopenia, the need for understanding and addressing these conditions is crucial. Obesity is characterized by an excessive accumulation of body fat, while sarcopenia is defined by a loss of muscle mass. Both conditions are associated with increased morbidity and mortality, particularly in the elderly population.

To address these issues, a better understanding of the mechanisms underlying the development of obesity and sarcopenia is essential. This includes examining the factors that contribute to the accumulation of body fat and the loss of muscle mass over time. By elucidating these mechanisms, researchers can develop more effective interventions to promote healthy aging.

The aging process is characterized by a decline in various physiological functions, including muscle mass and the ability to maintain a healthy body composition. Understanding how these changes occur can help in developing strategies to combat these conditions and improve the quality of life for older adults.

International School of Gerontology and Geriatrics “Giuseppe Barbagallo-Sangiorgi”

10th Workshop: SEMINARS ON GERIATRICS

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POETIC TOUCH

According to legend, Erice, son of Venus and Neptune, founded a small town on top of a mountain (750 meters above sea level) more than three thousand years ago. The founder of modern history — i.e. the recording of events in a methodical and chronological sequence — was Homer; he described the events associated with the Trojan war in his epic poems. Erice Homer (~100 BC), Theocritus (~300 BC), Polybius (~200 BC), Virgil (~50 BC), Horace (~100 BC), and others have celebrated this magnificent spot in Sicily in their poems.

During seven centuries (XIII–XIX) the town of Erice was under the leadership of a local oligarchy, whose wisdom assured a long period of cultural development and economic prosperity which in turn gave rise to the many churches, monasteries and private palaces which you see today. In Erice you can admire the Castle of Venus, the Cyclopaean Walls (~800 BC) and the Gothic Cathedral (~1300 A.D.) Erice is at present a mixture of ancient and medieval architecture. In the vicinity of Erice, the remains of ancient settlements can be found in the neighbourhood of: Atnina (Phoenician), Segesta (Elymian), and Selinunte (Greek). On the Aegean Islands — theatre of the decisive naval battle of the first Pentelic War (284-241 BC) — suggestively neoclassical and paleolithc: vestiges are still visible: the grotes of Favourino, the earings and marbles of Levanzo. A splendid beach is to be found at San Vito Lo Capo, Scopello, and Corso, and a wild and rocky coast around Monte Cofano: all at less than one hour’s drive from Erice.

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