



Multi-ingredient targeted nutritional intervention in sarcopenic older adults: A double-blind randomized controlled trial.

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Abstract:

Sarcopenia, age-related loss of skeletal muscle mass, strength and performance, is growing considerably among elderly population and becomes a major public health concern. Nutritional intervention is considered as an effective approach to manage sarcopenia and prevent its related disability. This study aimed to evaluate the efficacy of multi-ingredient targeted yogurt fortification without exercise training on muscle mass and functionality in older adults with sarcopenia. After screening 500 community-dwelling older adults, 66 eligible sarcopenic elderly (low muscle mass, handgrip strength and/or gait speed) were randomly assigned into two groups: Intervention group who received daily beta-Hydroxy beta-Methyl Butyrate and vitamin D-fortified yogurt (3g HMB, 1000IU D3) and control group who received daily plain yogurt for 12 weeks. Body composition was measured by dual-energy X-ray absorptiometry (DXA). Muscle strength and physical performance were evaluated by hydraulic handgrip dynamometer and 4-m gait speed. Nutritional status, physical activity and health-related quality of life were also assessed using validated questionnaire.

Biography:

Nasrin Nasimi has completed her Master from Shiraz University of Medical Sciences (SUMS- School of Nutrition and Food Sciences) and she is currently working in the community nutrition department of SUMS as an in-



structor for master students. She intends to hold a PhD position in nutrition.

Recent Publications:

1. Nutritional status and body fat mass: Determinants of sarcopenia in community-dwelling older adults, Nasrin Nasimi, Mohammad Hossein Dabbaghmanesh, Zahra Sohrabi.
2. Vitamin D, Adiponectin, Oxidative Stress, Lipid Profile, and Nutrient Intakes in the Females with Acne Vulgaris: A Case-Control Study, Mahsa Moazen, Zohreh - Mazloom, Farideh Jowkar, Nasrin Nasimi.
3. Fortified whey beverage for improving muscle mass in chronic obstructive pulmonary disease: a single-blind, randomized clinical trial, Nasrin Nasimi, Mandana Famouri, Morteza Zare

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