

Contemporary Treatment of Sarcopenic Obesity

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Sarcopenic obesity, the coexistence of reduced muscle mass and excess adiposity, is an increasingly prevalent condition among older adults. It is associated with an elevated risk of disability, chronic disease, and mortality – exceeding the impact of either sarcopenia or obesity alone.

Current evidence identifies poor diet and physical inactivity as key contributors to this condition, making lifestyle modification the primary therapeutic approach. A combination of individualized nutritional strategies and regular physical activity – adjusted to individual health status – shows the most promise in improving outcomes.

In the absence of effective pharmacological treatments, early detection and targeted interventions remain essential. Ongoing research is needed to refine preventive strategies and explore potential drug therapies to support muscle health in older adults.