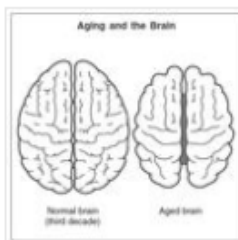


Search for Magazine Articles Using Explora Magazines at <https://www.spokanelibrary.org>.

- Type one of the keywords from your “Developing Keywords” worksheet in the large search window. Explora will provide suggestions for search terms as you type. Click on the orange **Search** button.
- A list of articles opens. It’s called the **Search Results** list. These are 2 articles in a search results list that resulted from a search using the term **AGING**.

Search Results: 1 - 10 of 52,647



Topic Overview

Aging.

Aging takes place over the course of life, and the rate of change varies between individuals and
Salem Press Encyclopedia of Science, 2013

Other Topics: [Successful Aging.](#), [Aging \(zoology\).](#)

1. The Elderly Muscle: Researchers untangle the multifarious nature of muscle aging treatment is exercise.



Periodical

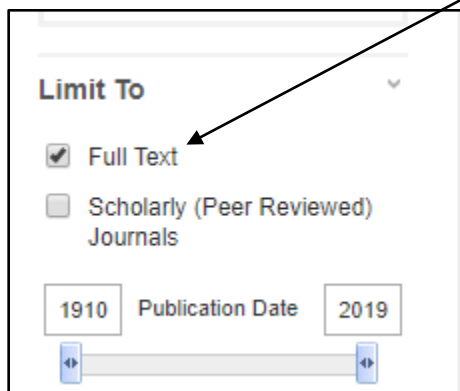
By: BUTLER-BROWNE, GILLIAN; MOULY, VINCENT; BIGOT, ANNE; TROLLET, CAPUCINE. *Scientist*. See
The article focuses on studies regarding the molecular and cellular pathways involved in muscle aging. It n
exercise. It high...

Subjects: MUSCLE aging; EXERCISE; PHYSICAL activity; MOLECULAR pathology; CELL membranes



[PDF Full Text](#) (3MB)

- To the left of the articles you will find the **Refine Results** column. Scroll down the column and put a check in **Full Text**.

A screenshot of a search interface's "Limit To" filter menu. The menu is titled "Limit To" and has a dropdown arrow. It contains two options: "Full Text" with a checked checkbox, and "Scholarly (Peer Reviewed) Journals" with an unchecked checkbox. Below these options are two input boxes for "1910" and "2019" with the label "Publication Date" between them. At the bottom, there is a horizontal range slider with blue arrows at both ends, indicating the date range.

- If the title of an article looks as though it connects to your theme, open it by clicking on it. The full text of the article will open on the right.

The Elderly Muscle

Researchers untangle the multifarious nature of muscle aging. So far, the only reliable treatment is exercise.

BY GILLIAN BUTLER-BROWNE, VINCENT MOULY, ANNE BIGOT, AND CAPUCINE TROLLET

To you readers over age 30, we've got some bad news for you. Chances are good you've already begun losing muscle. And it only gets worse. Up to a quarter of adults over the age of 60 and half of those over 80 have thinner arms and legs than they did in their youth.

In 1988, Tufts University's Irwin Rosenberg coined the term "sarcopenia" from Greek roots to describe this age-related lack (*penia*) of flesh (*sarx*). Muscle

enter a vicious cycle that will eventually lead to an increased risk of falls, a loss of independence, and even premature death.

The good news is that exercise can stave off and even reverse muscle loss and weakness. Recent research has demonstrated that physical activity can promote mitochondrial health, increase protein turnover, and restore levels of signaling molecules involved in muscle function. But while scientists know a lot about what goes wrong in

adulthood both muscle growth and repair are made possible only by the presence of muscle stem cells.

In 1961, Rockefeller University biophysicist Alexander Mauro, using electron microscopy, first described muscle stem cells, calling them "satellite cells" because of their position at the periphery of the muscle fiber.¹ Subsequently, researchers have demonstrated that satellite cells are the only cells able to repair muscle—which explains why

- On the left is a link to the **Detailed Record** and the PDF of the Full Text. Click on the link to the Detailed Record.

«

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Source: Scientist
Date: September 1, 2018

Inside this work

▾ Full Text Contents

- The **Detailed Record** opens and shows you important details like the author, magazine the article came from, the **subjects** under which the article was catalogued, and the **abstract** (summary).

◀ Result List | Refine Search ◀ 1 of 52,607 ▶

The Elderly Muscle: Researchers untangle the multifarious nature of muscle; the only reliable treatment is exercise.

Authors: BUTLER-BROWNE, GILLIAN
MOULY, VINCENT
BIGOT, ANNE
TROLLET, CAPUCINE

Source: Scientist. Sep2018, Vol. 32 Issue 9, p48-53. 6p.

Document Type: Article

Subjects: MUSCLE aging
EXERCISE
PHYSICAL activity
MOLECULAR pathology
CELL membranes

Abstract: The article focuses on studies regarding the molecular and cellular pathways involved in muscle health. It highlights a study conducted by our colleagues regarding exercise's influence on muscle health.

- Evaluate the article by reading the abstract. Does it connect with your theme?
- You can also evaluate the article by skimming/scanning the full text of the article. Did you find information about the author? **YOU'VE GOT A WINNER!** Print the article if it looks useful for your project.

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- Go back to the list of articles and continue to look at the titles of articles. Repeat this process of opening titles and clicking on the detailed records.
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