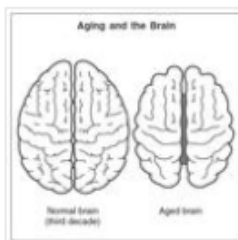


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### Search Results: 1 - 10 of 52,647



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

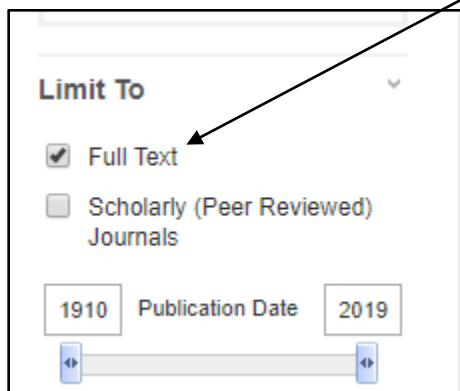
By: BUTLER-BROWNE, GILLIAN; MOULY, VINCENT; BIGOT, ANNE; TROLLET, CAPUCINE. *Scientist*. See  
The article focuses on studies regarding the molecular and cellular pathways involved in muscle aging. It n  
exercise. It high...

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



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- 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 the "Limit To" filter menu in Explora. 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 is a horizontal slider with blue arrows at both ends.

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# 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**

**T**o 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.<sup>1</sup> 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**

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

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

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**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?
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