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Session Name : KSN-KES Joint Symposium (Korean Endocrine Society)

Session Topic : Optimizing Bone, Muscle, and Nutritional Health in Chronic Kidney Disease

Date & Time, Place : June 21 (Sat) / 12:50-14:50 / Room 3 (GBR 103)

Emerging Therapeutic Strategies in Sarcopenia

Ji Yeon Baek

Asan Medical Center, Republic of Korea

Sarcopenia is a critical complication in patients with chronic kidney disease (CKD), significantly contributing to frailty, hospitalizations, cardiovascular events, and mortality. Unlike primary aging-related sarcopenia, sarcopenia in CKD arises from complex metabolic derangements, chronic inflammation, hormonal imbalances, and protein-energy wasting. Therefore, therapeutic strategies must be specifically tailored to this unique population rather than simply applying general approaches used in community-dwelling older adults. Emerging therapeutic strategies are being developed to address both muscle metabolism and the underlying catabolic environment in CKD. Nutritional interventions and individualized exercise programs are also evolving to optimize muscle health while carefully balancing the metabolic burden on impaired kidneys. However, targeting muscle alone is insufficient for meaningful improvement. Given the multifactorial nature of functional decline in CKD patients, a comprehensive geriatric assessment (CGA) is essential. CGA allows for systematic evaluation of nutrition, physical performance, cognition, psychological status, and social support, enabling a holistic and patient-centered approach to management. Through CGA-guided care, interventions can be better prioritized and tailored to each patient's needs, improving independence, resilience, and overall quality of life.

Keywords: Sarcopenia, Comprehensive Geriatric Assessment, Chronic Kidney Disease, Frailty, Emerging Therapeutic Strategies