



Welcome to WISE PHARMACY Online

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You Could Be Losing Muscle—and Damaging Your Health

Fat can take over as you age...even if you don't gain weight. Age-related muscle loss—known as “sarcopenia”—impacts strength, power, and physical function, which can increase fracture risk and affect your ability to maintain independent living in old age. It can also weaken your immune system and/or contribute to the development of chronic illnesses associated with obesity and a higher percentage of body fat, such as metabolic syndrome, cardiovascular disease, and diabetes. How serious is it? In 1999, the Centers for Disease Control and Prevention (CDC) listed it in the top 5 major health risks. And the National Institute on Aging recently named sarcopenia as the number one health concern for the next decade.

You can prevent and reverse sarcopenia. Muscle loss begins around age 40. After age 50, there's an average half-pound muscle loss and a 1-lb. fat gain yearly. But healthy lifestyle choices can reverse this dangerous decline. Like eating low-glycemic-load foods to support a healthy body composition. And regular physical activity—including weight-bearing and resistance exercises—to maintain or increase muscle mass.

Stay lean the right way. There are lots of lifestyle programs on the market, but not all of them live up to their promises. In fact, some may result in weight loss from muscle and can foster sarcopenia development. And many neglect to include targeted nutritional support for your specific concerns.

If you'd like help finding a program to help delay the onset of sarcopenia and promote healthy aging, please contact our office today to set up an appointment.



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Tue	09:00	06:00
Wed	09:00	06:00
Thu	09:00	06:00
Fri	09:00	06:00
Sat		
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