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Sarcopenic obesity: Clinical challenges and management**Lindsey Russell***Department of Medicine, Case Western Reserve University, USA*

Statement of the Problem: Sarcopenic Obesity (SO) is a unique clinical status that combines both loss of muscle mass and function with obesity. There are clinical risk factors in developing SO, including age, prior weight loss surgery, underlying inflammatory condition, and dysbiosis. SO is associated with increased morbidity and mortality and prevalence has increased in recent years. Mainstay treatment include dietary modifications and exercise regiments to build muscle. However there are newer treatment options that are being tried. It is important for health care professional to recognize patients with SO and those at risk for prevention and treatment.

Biography

Lindsey Russell is a researcher and clinician in the Department of Medicine at Case Western Reserve University, USA. Her work focuses on the clinical challenges and management of sarcopenic obesity (SO), a condition characterized by the simultaneous presence of obesity and loss of muscle mass and function. Lindsey's research explores the risk factors for SO, such as age, prior weight loss surgery, inflammatory conditions, and dysbiosis, and examines the impact of SO on morbidity and mortality. She advocates for a multidisciplinary approach to treatment, including dietary modifications, exercise, and exploring emerging therapies to manage SO effectively.