

Skeletal muscle, the largest organ in the human body, not only contributes to physical activity, but also acts as a hormone (myokine)-producing organ, playing an important role in maintaining homeostasis. Aging reduces the quantity and quality of skeletal muscle, and it is thought that age-related muscle diseases such as sarcopenia are caused when changes in muscle quality and quantity become obvious in older people. However, the induction mechanism of skeletal muscle changes with aging is complicated, and in addition to intrinsic changes in skeletal muscle, it is thought that defect in crosstalk between skeletal muscle and the surrounding internal environment is also associated with age-related muscle alterations. In this symposium, we will discuss about muscle health from multi angles such as the molecular mechanisms and new technologies to objectively capture age-related changes in skeletal muscle. We hope that you will find it helpful to develop novel methodologies and ideas for successful aging in Asian countries.