

Protein-rich milk products are necessary to effectively counter sarcopenia in acutely ill geriatric patients offered resistance training during and after hospitalization

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Study aim and Description:

Sarcopenia is a burden both to older adults and the society. It seems obvious to include dairy products in the "battle" against sarcopenia, due to the beneficial effect on muscle mass. However no one has examined the beneficial effect of protein-enriched, milk-based products among those at highest risk for loss of muscle strength and –mass, and therefore function, i.e. acutely ill older adults. Therefore the following is unknown:

- Whether a protein-enriched, milk-based product can counteract sarcopenia in older adults with acute disease offered resistance-type exercise training.
- Whether provision of protein-enriched, milk-based products, given to geriatric patients offered resistance-type exercise training, is cost-effective.
- Whether the protein-enriched, milk-based product is well-accepted by the target group of diseased older adults.

The latter is important because a substantial number of geriatric patients are severely limited in their ability to take care of their own nutrition, due to e.g. their cognitive or general status.

Thus, this will be examined in a block-randomised, double-blind, placebo-controlled, multicentre study among 165 acutely ill geriatric patients participating during hospitalization and 12 weeks after discharge. End-points will focus on the effect on muscle strength, muscle mass, physical function, quality of life, costs, and not least the older adults' acceptance of the intervention.