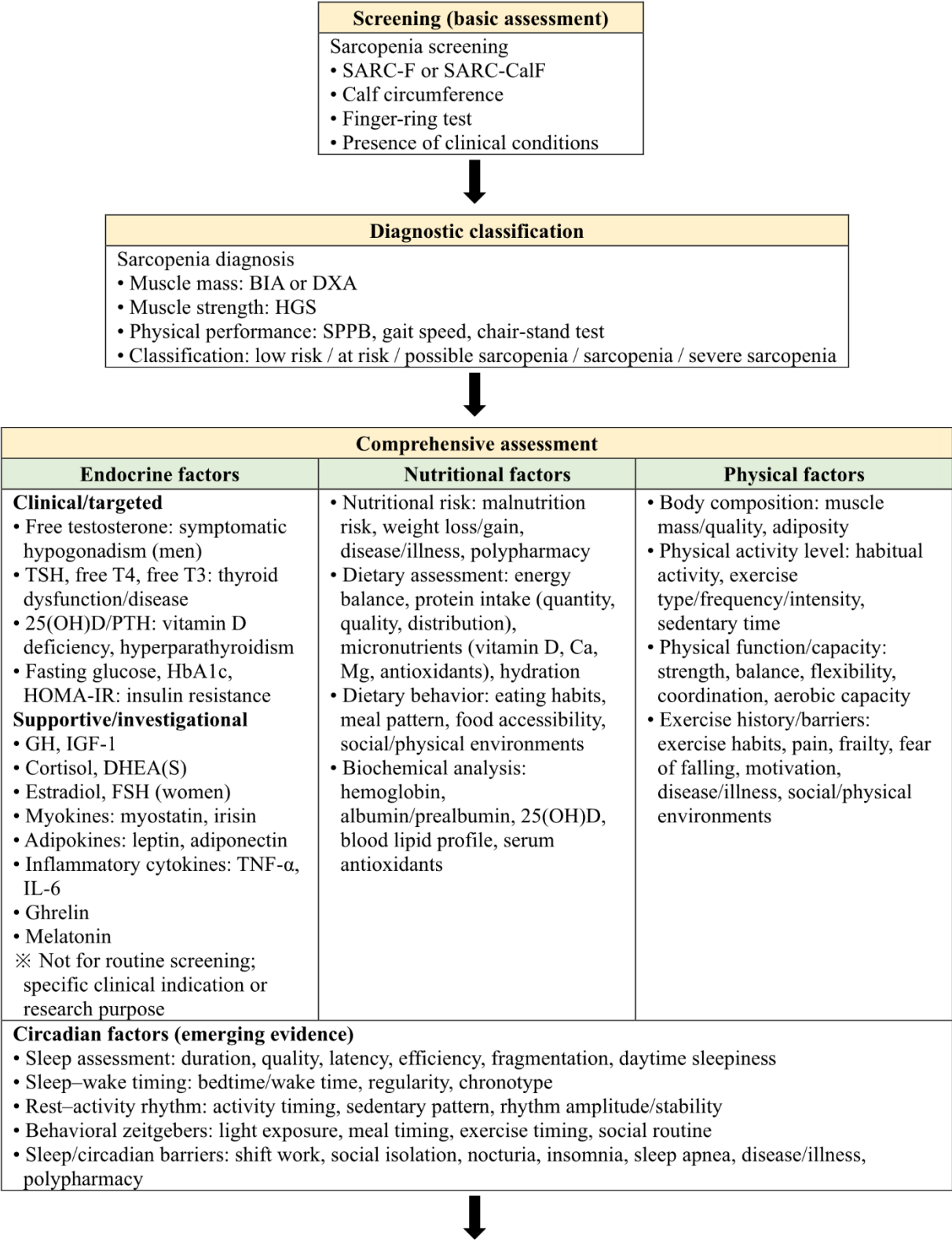


SUPPLEMENTARY DATA

Endocrine Factors in Sarcopenia: Lifestyle-Based Approaches with Nutrition, Exercise, and Circadian Health

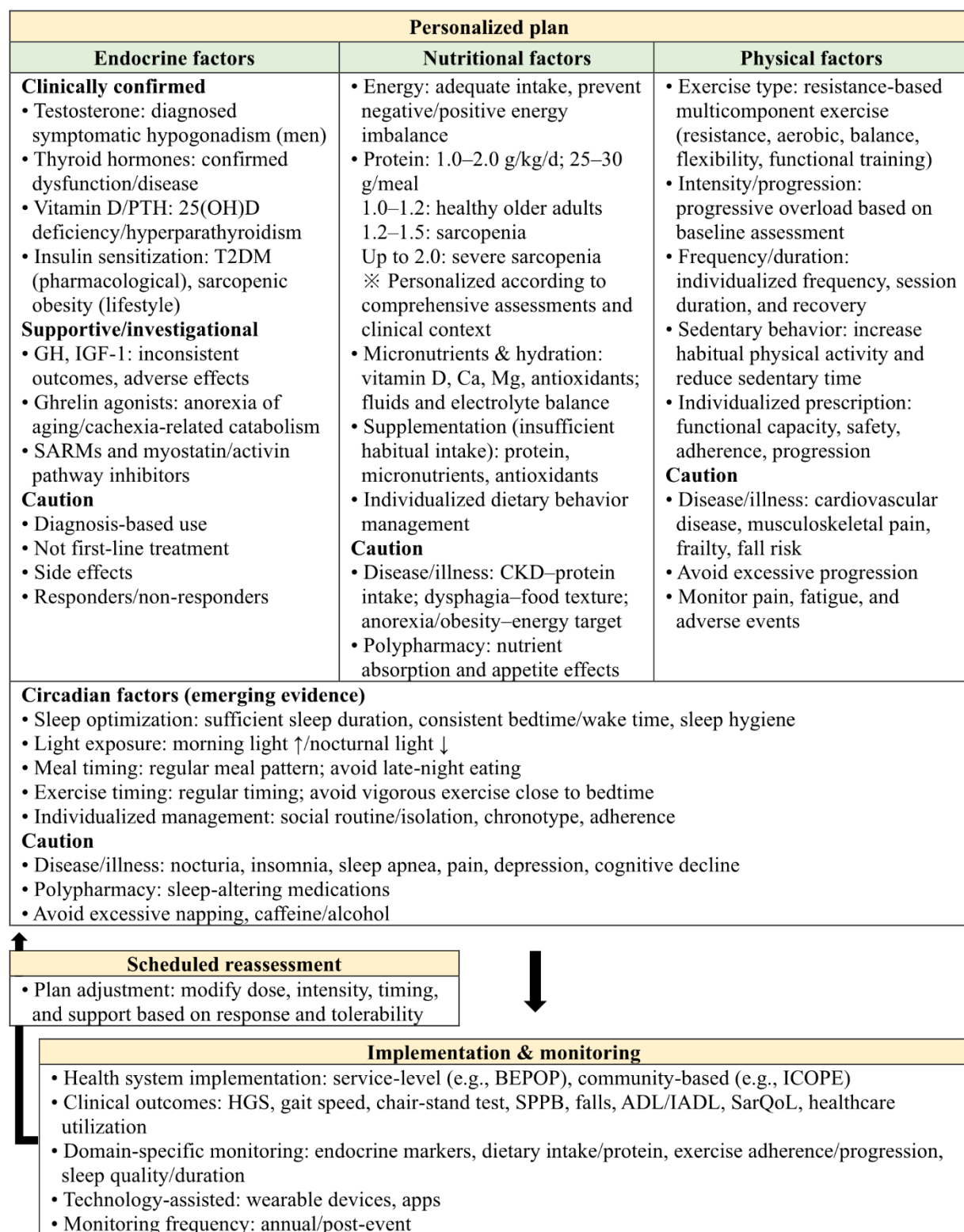
Sihyung Lee, Choon Young Kim

SUPPLEMENTARY DATA



Supplementary Fig. S1. Detailed multidimensional management model for personalized sarcopenia care [1, 3-6, 9, 32, 115, 117, 139, 163, 165]. (Continued on next page)

SUPPLEMENTARY DATA



Supplementary Fig. S1. Continued. SARC-F: Strength, Assistance in walking, Rise from a chair, Climb stairs, and Falls, SARC-CalF: SARC-F with calf circumference, BIA: Bioelectrical impedance analysis, DXA: Dual-energy X-ray absorptiometry, HGS: Handgrip strength, SPPB: Short Physical Performance

SUPPLEMENTARY DATA

Battery, TSH: Thyroid-stimulating hormone, T₄: Thyroxine, T₃: Triiodothyronine, 25(OH)D: 25-hydroxyvitamin D, Ca: Calcium, PTH: Parathyroid hormone, HbA_{1c}: Glycated hemoglobin, HOMA-IR: Homeostatic model assessment of insulin resistance, GH: Growth hormone, IGF-1: Insulin-like growth factor-1, DHEA(S): Dehydroepiandrosterone and dehydroepiandrosterone sulfate, FSH: Follicle-stimulating hormone, TNF- α : Tumor necrosis factor- α , IL-6: Interleukin-6, Mg: Magnesium, T2DM: Type 2 diabetes mellitus, SARMs: Selective androgen receptor modulators, CKD: Chronic kidney disease, BEPOP: Benchmarking Exercise Programme for Older People, ICOPE: Integrated Care for Older People, ADL: Activities of daily living, IADL: Instrumental activities of daily living, SarQoL: Sarcopenia Quality of Life questionnaire.