



Sarcopenia: An Upcoming Challenge for Bangladesh

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Sarcopenia is related with age in which function of skeletal muscles are affected gradually. In Bangladesh geriatric population is increasing as life span has increased due to increase accessibility of health services. Undoubtedly we are moving forward economically, technologically and infrastructural development but in the same time we have to face challenges like pandemic situation of COVID-19 as like other parts of the planet. Though combined family structure is breaking down in our country, shifting to nuclear family, as a result older people are prone to affect less care, less help, less affection which ultimately make them vulnerable and their quality of life is hampered, lead to dependent life and finally welcome disability and creating economic burden. Sarcopenia is a known word in developed world, numerous researches have been conducted but in our country still it is not considered as burning issue and prevalence of sarcopenia are unknown and scarcity of study is found. Moreover, various type of disability is increasing here and old-age disability due to loss of skeletal muscle mass and function will be big challenge for us. Prior preparation including survey like study, risk factors identification, possible preventive management (public health intervention), ensuring good nutrition and encouraging physical activity can minimize the damage. As role of pharmacology is minimum, nutritionists and physiotherapists can play vital role to mitigate of this health issue (sarcopenia). Awareness campaign can be instituted all over the country. Non-government organizations (NGOs) can come forward or take initiative to develop awareness on sarcopenia via door to door visit, yard meeting (uthan boithok), community participation, community mobilization, capacity building and strengthening, engaging community leader or local potential person or religious

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leader. Both electronic and print media can play pivotal role to disseminate of this upcoming issue. Steps need to be taken to draw attention of policy makers. Empirical study can be conducted on sarcopenia. Donor agencies can provide fund to research on sarcopenia specifically for Bangladesh.

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