

おわりに

サルコペニアの因果関係が明確な薬剤は、特殊なもの以外はきわめて少ない。さらに薬剤によりサルコペニアの予防または治療に結びつきそうなものは残念ながら、今のところ明らかなものはない。今回、ビタミンDなど自然界に存在する栄養素に関連する薬剤は言及しなかったが、それが今後サルコペニアの予防、治療に貢献する可能性はある。

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