Erratum to: Impact of nutrition on muscle mass, strength, and performance in older adults

A. Mithal · J.-P. Bonjour · S. Boonen · P. Burckhardt · H. Degens ·
G. El Hajj Fuleihan · R. Josse · P. Lips · J. Morales Torres ·
R. Rizzoli · N. Yoshimura · D. A. Wahl · C. Cooper ·
B. Dawson-Hughes · for the IOF CSA Nutrition Working Group

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In the abstract it should have read “There is a moderate relationship between vitamin D status and muscle strength” instead of “There is a moderate inverse relationship between vitamin D status and muscle

strength”. The complete corrected abstract is reproduced here.

The authors regret their error.

Abstract Muscle strength plays an important role in determining risk for falls, which result in fractures and other

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A. Mithal (✉)
Medanta Medicity, Sector 38,
Gurgaon, India
e-mail: ambrishmithal@hotmail.com

J.-P. Bonjour · R. Rizzoli
Division of Bone Diseases,
University Hospitals and Faculty of Medicine,
Geneva, Switzerland

S. Boonen
Centre for Metabolic Bone Diseases and Division
of Geriatric Medicine, University of Leuven,
Leuven, Belgium

P. Burckhardt
Clinique Bois Cerf/Hirslanden,
Lausanne, Switzerland

H. Degens
Institute for Biomedical Research into Human Movement
and Health, Manchester Metropolitan University,
Manchester, UK

H. Degens
Division Space Physiology, Institute of Aerospace Medicine,
German Aerospace Center,
Cologne, Germany

G. El Hajj Fuleihan
Calcium Metabolism & Osteoporosis Program,
American University of Beirut Medical Center,
Beirut, Lebanon

R. Josse
Division of Endocrinology and Metabolism,
University of Toronto, St. Michael's Hospital Health Centre,
Toronto, Canada

P. Lips
Division of Internal Medicine, Endocrine Section,
VU University Medical Center,
Amsterdam, Netherlands

J. M. Torres
Hospital Aranda de la Parra, Hidalgo, León, Mexico

N. Yoshimura
Department of Joint Disease Research, 22nd Century Medical
and Research Center, The University of Tokyo, Tokyo, Japan

D. A. Wahl
International Osteoporosis Foundation,
Nyon, Switzerland

C. Cooper
MRC Lifecourse Epidemiology Unit, University of Southampton,
Southampton General Hospital, Southampton, UK

C. Cooper
NIHR Musculoskeletal Biomedical Research Unit,
Institute of Musculoskeletal Sciences, University of Oxford,
Oxford, UK

B. Dawson-Hughes
Jean Mayer USDA Human Nutrition Research Center on Aging,
Tufts University, Boston, MA, USA

injuries. While bone loss has long been recognized as an inevitable consequence of aging, sarcopenia—the gradual loss of skeletal muscle mass and strength that occurs with advancing age—has recently received increased attention. A review of the literature was undertaken to identify nutritional factors that contribute to loss of muscle mass. The role of protein, acid–base balance, vitamin D/calcium, and other minor nutrients like B vitamins was reviewed. Muscle wasting is a multifactorial process involving intrinsic and extrinsic alterations. A loss of fast twitch fibers, glycation of proteins, and insulin resistance may play an important role in the loss of muscle strength and development of sarco-

penia. Protein intake plays an integral part in muscle health and an intake of 1.0–1.2 g/kg of body weight per day is probably optimal for older adults. There is a moderate relationship between vitamin D status and muscle strength. Chronic ingestion of acid-producing diets appears to have a negative impact on muscle performance, and decreases in vitamin B₁₂ and folic acid intake may also impair muscle function through their action on homocysteine. An adequate nutritional intake and an optimal dietary acid–base balance are important elements of any strategy to preserve muscle mass and strength during aging.