Author notes
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- Do the figures convey the intended message?
- Are all the labels accurate and in the right place?
- Are all the arrows in the right place?
- Are any chemical structures correct?
- Have shapes and colours been used consistently and accurately throughout the figures?
- Have any of the figures been previously published, or have they been supplied by a colleague(s) who is not a named author on the article?

To mark up any corrections, please use the commenting tools in the PDF, or print and draw by hand, rather than directly editing the PDFs.
Figure 1

Peak in early adulthood
Gradual decline from the age of 40
Substantial decline from the age of 50
**Significant weight loss**

**Sarcopenic obesity**

**Sarcopenia**
- Loss of muscle mass
- Altered muscle composition
- Infiltration of muscle with fat and fibrous tissue
- Alterations in muscle innervation

**Diet**
- Low protein intake
- Vitamin D deficiency

**Pharmacological therapy**
- Use of ACE inhibitors
- Use of steroids

**Lifestyle habits**
- Cigarette smoking
- Excessive alcohol consumption
- Prolonged immobilisation and/or low physical activity

**Intrinsic factors**
- Age
- Sex hormone deficiency
- Co-morbidity (e.g., diabetes)
- Genetic factors

**Body Composition**
- Significant weight loss
- Sarcopenic obesity

**Diet**

**Pharmacological therapy**

**Lifestyle habits**

**Intrinsic factors**

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