Muscle Aging, Inclusion-Body Myositis and Myopathies

Explores the clinical and pathological expression of muscle weakness in aging persons. Case studies demonstrate how physicians can more accurately diagnose weakening elderly patients and make better management decisions.

Muscle weakness with ageing is almost inevitable, generally beginning to manifest beyond the age of 40, and is usually unstoppable. It can lead to reduced mobility, increased risk of falling, injury, and even death. But "you're just getting old" is not a sufficient diagnosis. Specific causes of neuromuscular symptoms may explain progressive muscle weakness, and should be investigated for potential treatment.

This book also explores sporadic inclusion-body myositis and hereditary inclusion-body myopathies. The former, the most common progressive muscle disease in the over 50s, is frequently under-diagnosed and, with the increasing population of aged individuals, is presenting a greater challenge. This disease of muscle has pathological similarities with the well-known Alzheimer and Parkinson brain diseases.

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