



Genetics for people

# *My Prevention*

## SARCOPENIA

# **SARCOPENIA IS A DISORDER THAT IS OFTEN ASSOCIATED WITH AGEING.**

## **What is sarcopenia?**

Sarcopenia is characteristic of frailty, which is defined as an alteration associated with ageing that produces a loss of muscle mass and muscle weakness. This limits a person's mobility and increases the risk of falls, fragility and fractures. It is related to the accumulation of detrimental changes in the musculature throughout life, and although it is very common in older adults, it can also occur earlier in a person's life.

## **What is MySarcopenia used for?**

The MySarcopenia test determines the presence or absence of genetic variants associated with sarcopenia. This genetic information makes it possible to:

- Identify the genetic predisposition to develop sarcopenia.
- Personalise habits according to the needs of each person.

## **Who is MySarcopenia aimed at?**

MySarcopenia is recommended for all specialists whose patients have symptoms associated with sarcopenia, related to loss of muscle mass and weakness, or have a family history of sarcopenia.

## **What does the MySarcopenia test analyse?**

The MySarcopenia genetic test is a genetic test that analyses genetic variants involved in the characterisation of sarcopenia.

## Introducing MySarcopenia:

- MySarcopenia is a genetic test to identify the genetic predisposition to develop sarcopenia.
- MySarcopenia is a non-invasive test. The DNA is obtained from a saliva sample, is completely painless and is suitable for any person of any age.
- MySarcopenia is performed once in a lifetime, genetics does not change.
- MySarcopenia analyses genetic markers with scientific validity.
- Innovative technology that offers greater accuracy and depth in the results.
- Once the sample has been received in the laboratory, you will receive your results within a maximum of 20 days.