Proposal of workshop

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Title: Sarcopenia and muscle quality in obesity: identification, methods and perspectives

1. Defining sarcopenia and obesity sarcopenia
2. Diagnostic criteria for obesity sarcopenia and muscle quality in individual with obesity
3. Perspectives in early identification of obesity sarcopenia: effects in health and quality of life

We propose a workshop to speak about sarcopenia and obesity sarcopenia (OS). This workshop will be divided into three presentations, described above, to discuss the theme. The importance of this discussion is, although many definitions have been proposed, at present, there are no unified diagnostic criteria for OS. The early investigation of OS and muscle quality in adults with severe obesity, is the key point to prevent the risk of comorbidities and the early appearance of functional disability in these population.