Protein Kinetics
- Muscle loss occurs through an imbalance between PS and PB.
- Protein kinetics have shown to be unchanged, increased or decreased- generally favoring catabolic states.
- Anabolic resistance is present in many disease states, likely underlying many of the irreversible effects of cachexia.

Shared metabolic abnormalities
- Disease states frequently share similar underlying metabolic abnormalities i.e. inflammation, increased REE and insulin.

Chronic disease
- Many diseases are associated with skeletal muscle wasting; collectively known as "cachexia" syndromes.
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- Disease led alterations in habitual behavior further propagate muscle loss.

Disease associated behavior
- Chronic disease often results in altered lifestyle factors.
- Malnutrition, inactivity and polypharmacy are associated with decreased muscle mass.
- Disease led alterations in habitual behavior further propagate muscle loss.

Nutritional modulation
- Nutritional modulation has been shown to promote anabolism and attenuate catabolism.
- EAA in particular show benefits on MPS and body mass.
- Many nutraceuticals have inconsistent findings and further research is required.