# Article information:

参与骨骼肌肠道微生物群调节的机制 - PMC
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9132697/>

# Article summary:

1. Skeletal muscle mechanics, energetics and plasticity are affected by age-related sarcopenia.

2. Poor oral health, insulin resistance, reactive oxygen species and gut microbiota can all contribute to the development of sarcopenia.

3. Gut-muscle axis may play a role in skeletal muscle adaptation to training and the gut-brain axis may also be involved in age-related neuromuscular deficits.

# Article rating:

May be slightly imbalanced: The article presents the information in a generally reliable way, but there are minor points of consideration that could be explored further or claims that are not fully backed by appropriate evidence. Some perspectives may also be omitted, and you are encouraged to use the research topics section to explore the topic further.

# Article analysis:

The article is generally reliable and trustworthy as it provides evidence for its claims from multiple sources such as PubMed, PMC free articles, Google Scholar, etc. The article does not appear to be biased or one-sided as it presents both sides of the argument equally and explores counterarguments where necessary. Furthermore, the article does not contain any promotional content or partiality towards any particular point of view. The article also mentions potential risks associated with certain topics such as poor oral health leading to malnutrition and sarcopenia.

However, there are some missing points of consideration that could have been explored further such as the effects of diet on sarcopenia or how different types of exercise can help prevent it. Additionally, some claims made in the article lack evidence which could have been provided through further research or studies.

# Topics for further research:

* Diet and sarcopenia
* Exercise and sarcopenia prevention
* Oral health and malnutrition
* Sarcopenia and aging
* Nutrition and sarcopenia
* Sarcopenia and physical activity

# Report location:

<https://www.fullpicture.app/item/7e97766b160dc1503da2adefbaed546d>