# Article information:

Sphingolipids accumulate in aged muscle, and their reduction counteracts sarcopenia | Nature Aging  
<https://www.nature.com/articles/s43587-022-00309-6>

# Article summary:

1. Sphingolipids accumulate in aged muscle, and their reduction counteracts sarcopenia.

2. Inhibition of sphingolipid synthesis increases muscle mass, strength, and exercise capacity.

3. Variants of SPTLC1 and DEGS1 are associated with improved and reduced fitness of older individuals respectively.

# Article rating:

Appears well balanced: The article presents the information in a reliable and balanced way, without biases and prejudices. The claims made in the article are well supported and, where applicable, all sides of the argument are given opportunity to present their point of view. The article appears trustworthy and reliable.

# Article analysis:

The article is generally reliable and trustworthy as it provides evidence from multiple sources to support its claims. The authors have conducted experiments on mice to demonstrate the effects of sphingolipid synthesis inhibition on age-related decline in muscle mass, strength, and exercise capacity. They have also provided evidence from two human cohorts – the UK Biobank and Helsinki Birth Cohort Study – to show that gene expression-reducing variants of SPTLC1 and DEGS1 are associated with improved and reduced fitness of older individuals respectively.

The article does not appear to be biased or one-sided as it presents both sides equally by providing evidence for both positive and negative effects of sphingolipid synthesis inhibition on age-related decline in muscle mass, strength, and exercise capacity. It also mentions possible risks associated with this approach such as potential side effects from pharmacological inhibition of sphingolipid synthesis which could be further explored in future studies.

The article does not appear to contain any promotional content or partiality as it is focused solely on presenting scientific evidence for its claims without any bias towards a particular product or company. Furthermore, all sources used are clearly cited throughout the text which adds to the trustworthiness of the article.

# Topics for further research:

* Sphingolipid Synthesis Inhibition Side Effects
* Age-Related Muscle Mass Decline
* Exercise Capacity and Aging
* SPTLC1 Gene Expression
* DEGS1 Gene Expression
* UK Biobank and Helsinki Birth Cohort Study

# Report location:

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