

# Multimodal Training Effects in Middle-Aged and Older Adults With Diabetic Sarcopenia

NCT07398495

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Status	RECRUITING
Phase	Not Applicable
Sponsor	yueh chu wu
Enrollment	128 participants

## Key Eligibility Criteria

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### Inclusion (5)

- Diagnosed with both Type 2 Diabetes Mellitus (T2DM) and sarcopenia.
- Maintained on a stable regimen of oral hypoglycemic agents.
- Aged 45 years or older.
- Capable of communicating effectively in Mandarin or Taiwanese.
- Willing to provide informed consent or have it obtained from a legally authorized representative.

### Exclusion (5)

- Limited limb or joint function that prevents exercise (e.g., recent fractures or dislocations).
- Communication barriers or severe emotional/psychological issues (e.g., uncontrolled depression or severe mental illness).
- Severe cognitive impairment (e.g., dementia).
- End-stage renal disease (ESRD).
- Major comorbidities or complications, including active diabetic foot ulcers, amputation, recent myocardial infarction, severe autonomic neuropathy, or a history of stroke within the last 3 years.

## Locations (1 total)

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Chung Shan Medical University Hospital, Taichung, Taiwan, Taiwan