

Table 1**Effects of hypoglycaemic medications on sarcopenia and frailty³⁸⁻⁴²**

Medication	Muscle effect
Metformin	Decreases odds of frailty Increases lean:fat ratio Reduces fat mass
Glitazones*, dipeptidyl peptidase-4 inhibitors and glucagon-like peptide-1 agonists**	Increase lean muscle mass
Sulfonylureas and glinides***	Induce muscle atrophy
Insulin****	Neutral effect
Sodium-glucose cotransporter-2 inhibitors	Unknown effect

*Increases insulin sensitivity and muscle protein synthesis

**Increases muscular blood supply

***In rat experiments, glimepiride among sulfonylureas and repaglinide among glinides were the most potent atrophic agents

****Insulin increases protein synthesis in young adults but not in older people