

## **Circulating MicroRNA-486 and MicroRNA-146a Serve as Potential Biomarkers of Sarcopenia in the Elderly**

Huang-Chun Liu, MS<sup>1,2</sup>; Der-Sheng Han, MS<sup>1</sup>; Chih-Chin Hsu, MD, PhD<sup>3</sup>; Jong-Shyan Wang, PhD<sup>2,4,5</sup>

<sup>1</sup>Department of Physical Medicine and Rehabilitation, National Taiwan University Hospital, Bei-Hu Branch, Taipei, Taiwan.

<sup>2</sup>Graduate Institute of Rehabilitation Science, College of Medicine, Chang Gung University, Tao-Yuan, Taiwan.

<sup>3</sup>Department of Physical Medicine and Rehabilitation, Keelung Chang Gung Memorial Hospital, Keelung, Taiwan.

<sup>4</sup>Research Center for Chinese Herbal Medicine, College of Human Ecology, Chang Gung University of Science and Technology, Tao-Yuan, Taiwan.

<sup>5</sup>Heart Failure Research Center, Keelung Chang Gung Memorial Hospital, Keelung, Taiwan.

\* Correspondence and reprint request to:

Professor, Jong-Shyan Wang, Ph.D.

Graduate Institute of Rehabilitation Science

School of Physical Therapy

Chang Gung University

No.259, Wen-Hwa 1st Road, Kwei-Shan, Taoyuan, 333, Taiwan

Fax # 886-3-2118700

E-mail address: s120011676@gmail.com/s5492@mail.cgu.edu.tw

## Abstract

Age-related sarcopenia meaningfully increases the risks of functional limitations and mortality in the elderly. Although circulating microRNAs (c-miRNAs) are associated with aging-related cellular senescence and inflammation, the relationships between c-miRNAs and sarcopenia in the elderly remain unclear. This study investigates whether circulating myo-miRNAs and inflammation-related miRNAs are associated with sarcopenia in the elderly. This study recruited 77 eligible subjects (41 males and 36 females) from 597 community-dwelling older adults, and then divided into normal (n=24), dynapenic (loss of muscular function without mass, n=35), and sarcopenic groups (loss of muscular function with mass, n=18). Moreover, myo-miRNAs (c-miRNA-133a and c-miRNA-486), inflammation-related miRNAs (c-miRNA-21 and c-miRNA-146a), and inflammatory-related cytokine levels in plasma were determined using quantitative polymerase chain reaction and ELISA, respectively. The results demonstrated that sarcopenic group exhibited lesser skeletal muscle mass index (SMI), handgrip strength, and gait speed, as well as, lower c-miR-486 and c-miR-146a levels, compared to those of normal and dynapenic groups. Moreover, c-miR-486 level was positively related to SMI ( $r=0.334$ ,  $P=0.003$ ), whereas c-miR-146a level was positively associated with SMI ( $r=0.240$ ,  $P=0.035$ ) and handgrip strength ( $r=0.253$ ,  $P=0.027$ ). In the receiver operating characteristic analysis for predicting sarcopenia, the area under the curve in c-miR-486 was 0.708 (95% confidence interval: 0.561-0.855,  $P=0.008$ ) and c-miR-146a was 0.676 (95% CI: 0.551-0.801,  $P=0.024$ ). However, no significant relationships were observed between SMI/handgrip strength/gait speed and plasma myeloperoxidase/interleukin-1 $\beta$ /interleukin-6 levels. In conclusion, myo-miRNA (c-miR-486) and inflammation-related miRNA (c-miR-146a) are superior to inflammatory peroxide/cytokines in plasma for serving as critical biomarkers of age-related sarcopenia.

**Keywords:** Aging, microRNA, sarcopenia, cytokine

## 1. Introduction

Sarcopenia is defined as a loss of muscle mass and either a loss of muscle strength or physical performance [1]. Age-related sarcopenia meaningfully decreases the quality of life, leading to a loss of independence, ultimately increasing morbidity and mortality in elderly people [1, 2]. Handgrip strength has been reported to be a useful predictor of whole-body muscular strength, further applications to predict health conditions in older adults [3, 4]. Multifactorial mechanisms contribute to age-declined handgrip strength, including muscular senescence, sedentary lifestyle, poor nutritional status, hormonal dysregulation, and pro-inflammation status [5, 6].

MicroRNAs (miRs) play important roles in age-related changes in muscle mass and strength, including cellular proliferation, differentiation, metabolism, and inflammation responses [7]. Recent investigations have demonstrated that muscle-related microRNAs (myo-miRs) and inflammation-related miRs might be useful for estimating physical performance [8, 9] and health conditions [10, 11]. Moreover, circulating microRNAs (c-miRs) have been discovered in the bloodstream and bodily fluids, mature miRs can be packaged in micro-particles (exosomes, micro-vesicles, and apoptotic bodies) or complexed with miRNA-binding proteins including Argonaute 2 or high-density lipoproteins [12]. Therefore, c-miRs have important functions as intercellular communication and the potential to function as the biomarkers of a physiopathological state [12, 13]. Although c-miRs are associated with aging-related processes such as cellular inflammation and senescence [7, 10], the relationship between c-miRs and muscle function in the aging process remains unclear. Accordingly, we hypothesized that myo- or inflammation-related c-miRs are associated with muscular mass and strength or physical performance in the elderly.

To answer the abovementioned questions, this study evaluated the sarcopenic parameters that included body composition, handgrip strengths, and gait speed in the elderly. Furthermore, myo-miRs (c-miR-133a and c-miR-486) and inflammation-related miRs (c-miR-21 and c-miR-146a), as well as, plasma inflammatory-related peroxide and cytokine levels were determined, respectively. The present study aims to establish a critical biomarker for age-related sarcopenia.

## 2. Methods

### 2.1. Participants

This study surveyed 597 participants who were recruited community-dwelling elderly from March 2016 to December 2019 at National Taiwan University Hospital, Bei-Hu Branch, Taipei, Taiwan. Exclusion criteria included the presence of inflammatory disease within the recent 3 months, acute or unstable cerebrovascular disease, chronic obstructive pulmonary disease, uncontrolled diabetes mellitus, alcohol or drug abuse during the previous 12 months, significant renal or acute hepatic disease. Afterwards, eligible 77 subjects were enrolled into this study, and then divided into three groups: normal (N, n=24), dynapenic (D, n=35), and sarcopenic groups (S, n=18) (Fig. 1). Dynapenia and sarcopenia were classified using the Asian Working Group of Sarcopenia (AWGS) criteria: (i) dynapenia is normal muscle mass and the loss of muscle strength (handgrip strength) or declined physical performance (gait speed) and (ii) sarcopenia is a condition characterized by insufficient muscle mass, poor muscle strength (handgrip strength), and declined physical performance (gait speed) [14]. Additionally, the N group was carefully selected to recruit the elderly subjects who were normal values in handgrip strength, gait speed, and muscular mass. The study was conducted according to the guidelines of the Declaration of Helsinki. The study was approved by the ethics committees of the National Taiwan University Hospital and all subjects provided written informed consent before participation.

### 2.2. Sarcopenic Parameters

**2.2.1. Grip Strength.** Subjects' handgrip strengths were evaluated using the analogue isometric dynamometer (BASELINE® Hydraulic Hand Dynamometer; Fabrication Enterprises Inc., White Plains, NY, USA). Appropriate position as recommended by the American Society of Hand Therapists protocols was used [15]. Each handgrip strength test consisted of three maximal repeated trials, and the maximal value was calculated. According to the recommendation of AWGS operational definitions, cut-off values for handgrip strength (<26 kgs for men and <18 kgs for women) to clinical define poor muscle strength [14].

**2.2.2. Gait Speed.** Gait speed time was assessed with a 5-meter walk test, walking time was measured for all subjects over a 5-meter distance as quickly as possible. Subjects were allowed to use their own walk aids during the test. Times were measured three times and fastest to calculate a gait speed in distance (meters) divided by walking time (sec) [16]. According to the recommendation of AWGS, a low physical performance cut point is defined as a gait speed  $\leq 0.8$  m/sec.

**2.2.3. Body Composition.** Total body mass and composition were determined using dual-

energy x-ray absorptiometry (DXA; Stratos dR; DMS Inc., Maugio, France). Scan acquisition and analysis were performed according to manufacturer guidelines. Total body measurements of fat and lean mass were reported. Moreover, percentages of body lean (PBL) and fat (PBF), lean mass index (LMI, total lean mass/ height<sup>2</sup>), skeletal muscle mass index (SMI, appendicular muscle mass/ height<sup>2</sup>), and bone mass density (T score) were determined using DXA, respectively.

### *2.3. Plasma Sampling and RNA Extraction*

All subjects arrived at the testing center at 09:00 h to eliminate any possible diurnal effects. Participants were instructed to fast for at least 8 h and to refrain from strenuous physical exercise for at least 48 h before blood sampling. Ten mL of venous blood samples were drawn from venipuncture into a polypropylene tube that contained 4 mM ethylenediaminetetraacetic acid (EDTA, Sigma). Cell-free plasma was prepared through centrifugation at 1500 g for 20 min at 4°C. The plasma samples were then stored in 500 µl aliquots at - 80°C, prior to RNA extraction. Afterward, 200 µl of plasma was used as a constant input amount in the RNA extraction. Synthetic *C. Elegans* cel-miR-39-3p (Concentration 0.5 fM, determined by dilution series) was added to all samples prior to the extraction of RNA as a spike-in control in order to monitor the efficiency and reproducibility of the RNA extraction and qPCR procedure. The total RNA was extracted from plasma samples using a Direct-zol™ RNA MiniPrep Kit (Zymo Research, Irvine, CA, USA) according to the manufacturer's protocol.

### *2.4. Reverse Transcription and c-miRNA Quantification*

This study evaluated four c-miRs into two categories: myo-miRs (c-miR-486-5p and c-miR-133a-3p) and inflammation-related miRs (c-miR-146a-5p and c-miR-21-5p). Reverse transcription (RT) was used as a fixed amount (1 µL) of RNA. Sample miRNAs were transcribed into cDNA via miRNA specific reverse transcription reaction using miRNA specific stem loop-RT primer and SuperScript™ III Reverse Transcriptase Kit (Invitrogen, Carlsbad, CA, USA). To quantify levels of c-miRNA, real-time quantitative polymerase chain reaction (RT-qPCR) using microRNAs specific forward primer, short Locked Nucleic Acid (LNA) probe and the universal reverse primer were utilized. Amplifications were conducted following the manufacturer's instructions using a LightCycler® 96 Real-Time PCR System (Roche, Mannheim, Germany)[19]. Ct values less than 35 were accepted for the analysis and Each qPCR reaction was performed in triplicate. For the estimated ratio of circulating hsa-miRs repeat cycle number to a cel-miR- 39-3p cycle number (spike-in control), formula  $[Ct(c\text{-miRs assay}) / Ct(cel\text{-miR- 39 assay})]$  were used, in this formula, indicates the relative expression ratio of c-miRs.

### *2.5. Inflammation-Related Cytokines and Peroxide in Plasma*

An additional 5-mL blood sample was obtained from all subjects, placed in a cold centrifuge tube containing EDTA (final concentration, 4 mM), and immediately centrifuged at 1500 g for 10 min at 4 °C. The plasma samples were then stored at –80 °C until assay. Plasma myeloperoxidase (MPO) (Immunology Consultants Laboratory, Newberg, OR), interleukin-1 $\beta$  (IL-1 $\beta$ ) (eBioscience, San Diego, CA), and interleukin-6 (IL-6) (eBioscience, San Diego, CA) concentrations were quantified by commercially available ELISA kits.

## *2.6. Statistical Analysis*

Subjects characteristics are presented in the text as means $\pm$  standard deviation (SD). Data were normally distributed; data was assessed using Shapiro–Wilk tests for dependent variables. The differences in plasma c-miRs, cytokine, and sarcopenic parameters among the normal, dynapenic, and sarcopenic groups were compared by one-way ANOVA followed by Bonferroni's post hoc test. Pearson's correlation coefficient was used to measure the strength of the association between variables. Logistic linear regression analysis was conducted to determine the relationship of c-miRs to handgrip strength, gait speed, and body composition. The receiver operating characteristic (ROC) curve analysis was constructed using the expression values with c-miRs and sarcopenia to distinguish between normal and sarcopenic subjects. The area under the curve (AUC) was estimated to assess the diagnostic performance of c-miRs and sarcopenia. The  $\alpha$  level for statistical significance was set at  $p < 0.05$ . Data were analyzed using IBM SPSS Statistics for Windows Version 21 (IBM Corp., Armonk, NY).

### 3. Results

#### 3.1. Participant Characteristics

This study enrolled eligible 77 participants [66-92 ( $78.7 \pm 6.2$ ) years old, 41 males and 36 females] from 597 elderly people (Fig. 1). Both D and S group had higher PBF ( $P < 0.05$ ) while only S group exhibited lower PBL ( $P < 0.05$ ), compared to those of the N group. Moreover, the S rather than the D group exhibited smaller LMI ( $P < 0.001$ ), SMI ( $P < 0.001$ ), T score ( $P = 0.047$ ), c-miR-486 ( $P < 0.05$ ), and c-miR-146a ( $P < 0.05$ ) than those of the N groups. On the other hand, the BMI ( $P < 0.001$ ), waistline ( $P < 0.001$ ), LMI ( $P < 0.001$ ), SMI ( $P < 0.001$ ), grip strength ( $P < 0.001$ ), gait speed ( $P < 0.001$ ), and c-miR-486 ( $P = 0.023$ ) in the S group were inferior than those in the D group (Table 1). Compared to the N group, both D and S groups had lesser grip strength ( $P < 0.001$ ) while the S group alone exhibited slower gait speed ( $P < 0.001$ ). However, there were not significant differences in inflammatory-related peroxide (MPO) and cytokine (IL-1 $\beta$  and IL-6) levels in plasma among the N, D, and S groups (Table 1).

#### 3.2. Associations Between the Circulating microRNAs and Sarcopenic Parameters

Pearson's correlation coefficient was used to analyze the association between the c-miRNAs and sarcopenic variables. This present study observed that BMI ( $r = 0.253$ ,  $P = 0.027$ ), LMI ( $r = 0.269$ ,  $P = 0.018$ ) and SMI ( $r = 0.334$ ,  $P = 0.003$ ) were positively associated with c-miR-486 level. Moreover, SMI ( $r = 0.240$ ,  $P = 0.035$ ) and handgrip strength ( $r = 0.253$ ,  $P = 0.027$ ) were directly related to c-miR-146a level (Table 2).

Both c-miR-486 and c-miR-146a were placed into a forward and stepwise, multivariate logistic regression model that includes BMI, LMI, SMI, and handgrip strength. After adjustment, c-miR-486 level was meaningfully associated with SMI ( $r = 0.334$ ,  $P = 0.003$ ) (Fig. 2A) whereas c-miR-146a level was significantly correlated to handgrip strength ( $r = 0.253$ ,  $P = 0.027$ ) (Fig. 2B).

#### 3.3. Inflammatory-related Peroxide and Cytokines

There were no significant changes in plasma MPO, IL-1 $\beta$ , and IL-6 levels among the N, D, and S groups (Table 1). Moreover, plasma MPO, IL-1 $\beta$ , and IL-6 levels were not associated with SKI, handgrip, and gait speed in these subjects (Table 2).

#### 3.4. The Diagnostic Accuracy of the Sarcopenia

The ROC curve analysis evaluated the diagnostic accuracy of c-miRNAs and sarcopenic parameters. The AUC in c-miR-486 was 0.708 (95% confidence interval, CI: 0.561~0.855,  $P=0.008$ ) with cut-off point was 0.391 (78% sensitivity, 61.1% specificity) (Fig. 3A). Moreover, the AUC in c-miR-146a was 0.676 (95% CI: 0.551~0.801,  $P=0.024$ ) with cut-off point was 0.371 (59.3% sensitivity, 77.8% specificity) (Fig. 3B).

#### 4. Discussion

This study is the first to report that c-miR-486 and c-miR-146a serve as potential biomarkers of sarcopenia-related declines of muscle mass and strength, respectively. However, plasma peroxide and inflammatory cytokines are not associated with sarcopenia-declined muscle mass and functions in the elderly.

Sarcopenia is likely by multifactorial contributors in sub-health conditions, includes muscular senescence, sedentary lifestyle, poor nutritional status, hormonal dysregulation, and pro-inflammatory status [17, 18]. Previous studies have focused on muscle size as the major cause of age-declined muscle dysfunction. However, loss of muscle mass plays a relatively minor role in age-declined muscle function [17, 18]. According to the ROC curve analysis for predicting sarcopenia, the c-miR-486 and c-miR-146a with sarcopenia are AUCs of 0.708 and 0.676 with significant differences, respectively. These findings imply that either c-miR-486 or c-miRNA-146a acts as diagnostic and potential biomarkers for the prediction of sarcopenia in the elderly.

The c-miR-486 is highly expressed in skeletal muscle, that directly targets Pax7 to promote myoblast differentiation [19]. It also reduces the expressions of PTEN and FoxO1a, in turn phosphorylating AKT and activating PI3K/AKT pathway [20, 21]. Therefore, lowered c-miR-486 level observed from the sarcopenic elderly may represent as a result of progressive loss in muscle mass. The c-miR-146a serves as an anti-inflammatory miRNA, that negatively regulates the inflammatory response by targeting TNF receptor-associated factor 6 (TRAF-6) and IL-1R-associated kinase (IRAK-1) to inactivate NF- $\kappa$ B in cytoplasm [22-24]. The miR146a also modulates cellular senescence, mitochondrial metabolism, and inflammation responses [25]. Conversely, downregulation of miR146a could accelerate the aging process and lead to immunosenescence [25]. In this study, sarcopenic elderly had lower c-miR-146a along with lesser handgrip strength, suggesting that poor muscle strength is associated with pro-inflammatory state in sarcopenic process.

Increasing evidence has demonstrated that aging process deteriorates mechanisms to maintain protein homeostasis and proteostasis. Proteostasis is the maintenance of protein homeostasis through mechanisms that involve the location, concentration, conformation, and turnover of individual proteins [26]. Decrease of c-miR-486 in the aging process could impair protein turnover of skeletal muscle, leading to the loss of contractile protein and accumulation of protein damage [19].

Age-related declines in mitochondrial function also contribute to the disturbance of proteostasis processes in skeletal muscle [27]. When mitochondrial dysfunction, the electron transport system leads to an imbalance, which results in the formation of

reactive oxygen species (ROS). Furthermore, miR-146a regulates mitochondria of NOX4 protein expression, thus modulating cellular senescence and redox status [28]. Downregulated miR-146a is associated with exacerbated ROS production from mitochondria and oxidative damage in aging process [29]. In contrast, maintain mitochondrial function can facilitate mechanisms of proteostasis. Thus, mitochondrial dysfunction caused by downregulated miR-146a may depress energy production and impair skeletal muscle function under progression of sarcopenia [30].

#### *4.1.Limitation of the study*

The cross-sectional study design is a major limitation in this study. The loss of muscle mass and poor muscle strength or physical performance in these elderly participants may be only partially attributable to physiological aging, and the influences of genetic selection, lifestyle, and nutritional status or the differences in other characteristics among the three groups cannot be excluded. Moreover, the current experimental results may not provide direct evidence to clarify how c-miRNAs regulate the sarcopenic processes in the elderly people. Further longitudinal and interventional studies are needed in the future.

### **5. Conclusion**

This investigation clearly demonstrates that both myo (c-miR-486)- and inflammation (c-miR-146a)-related c-miR levels are positively associated with muscle mass, whereas only inflammation-related c-miR (c-miR-146a) level is directly related to muscle strength in the elderly. However, there are no significant relationships between sarcopenic parameters and plasma inflammatory cytokines. Hence, circulating myo-miRNA and inflammation-related miRNA are superior to inflammatory cytokines in plasma for serving as critical biomarkers of age-related sarcopenia.

### **Author contribution**

Conceptualization, J.-S.W., H.-C. L., and D.-S. H.; Data curation, J.-S.W., H.-C. L., and D.-S. H.; Formal analysis, H.-H.T. and J.-S.W.; Funding acquisition, J.-S.W. and H.-C. L.; Methodology, J.-S.W., H.-C. L., and D.-S. H.; Review and editing, J.-S.W., H.-C. L., D.-S. H., and C.-C. H.; Writing—original draft, H.-C. L. and J.-S.W. All authors critically revised the manuscript for important intellectual content and approved the final manuscript.

### **Financial support**

This work was supported by the Ministry of Science and Technology, Taiwan (grant number NSC 180-2314-B-182-039-MY3 and NSC 107-2314-B-002-047-MY3) and Chang Gung Medical Research Program (grant number CMRPD1J0221).

### **Acknowledgments**

The authors would like to thank the volunteers for their enthusiastic participation.

### **Conflicts of interest**

No conflicts of interest, financial or otherwise, are declared by the authors.

## References

1. Cruz-Jentoft, A.J.; Baeyens, J.P.; Bauer JM, et al. Sarcopenia: European consensus on definition and diagnosis: Report of the European Working Group on Sarcopenia in Older People. *Age Ageing* **2010**, *39*, 412-23.
2. Metter, E.J.; Talbot, L.A.; Schrager, M.; Conwit, R. Skeletal muscle strength as a predictor of all-cause mortality in healthy men. *J. Gerontol. A Biol. Sci. Med. Sci.* **2002**, *57*, B359-365.
3. Sasaki, H.; Kasagi, F.; Yamada, M.; Fujita, S. Grip strength predicts cause-specific mortality in middle-aged and elderly persons. *Am. J. Med.* **2007**, *120*, 337-342.
4. Stenholm, S.; Tainien, K.; Rantanen, T.; Sainio, P.; Heliövaara, M.; Impivaara, O.; Koskinen, S. Long-term determinants of muscle strength decline: prospective evidence from the 22-year mini-Finland follow-up survey. *J. Am. Geriatr. Soc.* **2012**, *60*, 77-85.
5. Tieland, M.; Trouwborst, I.; Clark, B.C. Skeletal muscle performance and ageing. *J. Cachexia Sarcopenia Muscle* **2018**, *9*, 3-19.
6. Kao, T.W.; Chen, W.L.; Han, D.S.; Huang, Y.H.; Chen, C.L.; Yang, W.S. Examining how p16(INK4a) expression levels are linked to handgrip strength in the elderly. *Sci. Rep.* **2016**, *6*, 31905.
7. Fan, J.; Kou, X.; Yang, Y.; Chen, N. MicroRNA-regulated proinflammatory cytokines in sarcopenia. *Mediators Inflamm.* **2016**, *2016*, 1438686.
8. McGregor, R.A.; Poppitt, S.D.; Cameron-Smith, D. Role of microRNAs in the age-related changes in skeletal muscle and diet or exercise interventions to promote healthy aging in humans. *Ageing Res. Rev.* **2014**, *17*, 25-33.
9. Zhang, T.; Brinkley, T.E.; Liu, K.; Feng, X.; Marsh, A.P.; Kritchevsky, S.; Zhou, X.; Nicklas, B.J. Circulating MiRNAs as biomarkers of gait speed responses to aerobic exercise training in obese older adults. *Aging (Albany NY)* **2017**, *9*, 900-913.
10. Menghini, R.; Casagrande, V.; Federici, M. MicroRNAs in endothelial senescence and atherosclerosis. *J. Cardiovasc. Transl. Res.* **2013**, *6*, 924-930.
11. McManus, D.D.; Freedman, J.E. MicroRNAs in platelet function and cardiovascular disease. *Nat. Rev. Cardiol.* **2015**, *12*, 711-717.
12. Cortez, M.A.; Bueso-Ramos, C.; Ferdin, J.; Lopez-Berestein, G.; Sood, A.K.; Calin, G.A. MicroRNAs in body fluids--the mix of hormones and biomarkers. *Nat. Rev. Clin. Oncol.* **2011**, *8*, 467-477.

13. Valadi, H.; Ekström, K.; Bossios, A.; Sjöstrand, M.; Lee, J.J.; Lötval, J.O. Exosome-mediated transfer of mRNAs and microRNAs is a novel mechanism of genetic exchange between cells. *Nat. Cell Biol.* **2007**, *9*, 654-659.
14. Yuki, A.; Ando, F.; Otsuka, R.; Shimokata, H. Sarcopenia based on the Asian Working Group for Sarcopenia criteria and all-cause mortality risk in older Japanese adults. *Geriatr. Gerontol. Int.* **2017**, *17*, 1642-1647.
15. Bohannon, R.W.; Schaubert, K.L. Test-retest reliability of grip-strength measures obtained over a 12-week interval from community-dwelling elders. *J. Hand Ther.* **2005**, *18*, 426-427.
16. Wilson, C.M.; Kostsuka, S.R.; Boura, J.A. Utilization of a 5-Meter Walk Test in Evaluating Self-selected Gait Speed during Preoperative Screening of Patients Scheduled for Cardiac Surgery. *Cardiopulm. Phys. Ther. J.* **2013**, *24*, 36-43.
17. Dhillon, R.J.; Hasni, S. Pathogenesis and Management of Sarcopenia. *Clin. Geriatr. Med.* **2017**, *33*, 17-26.
18. Cruz-Jentoft, A.J.; Sayer, A.A. Sarcopenia. *Lancet* **2019**, *393*, 2636-2646.
19. Kirby, T.J., McCarthy, J.J. MicroRNAs in skeletal muscle biology and exercise adaptation. *Free Radic. Biol. Med.* **2013**, *64*, 95-105.
20. Xu, M.; Chen, X.; Chen, D.; Yu, B.; Huang, Z. FoxO1: a novel insight into its molecular mechanisms in the regulation of skeletal muscle differentiation and fiber type specification. *Oncotarget* **2017**, *8*, 10662-10674.
21. Small, E.M.; O'Rourke, J.R.; Moresi, V.; Sutherland, L.B.; McAnally, J.; Gerard, R.D.; Richardson, J.A.; Olson, E.N. Regulation of PI3-kinase/Akt signaling by muscle-enriched microRNA-486. *Proc. Natl. Acad. Sci. U. S. A.* **2010**, *107*, 4218-4223.
22. Park, H., Huang, X.; Lu, C., Cairo, M.S.; Zhou, X. MicroRNA-146a and microRNA-146b regulate human dendritic cell apoptosis and cytokine production by targeting TRAF6 and IRAK1 proteins. *J. Biol. Chem.* **2015**, *290*, 2831-2841.
23. Singer, J.W.; Fleischman, A.; Al-Fayoumi, S.; Mascarenhas, J.O.; Yu, Q.; Agarwal, A. Inhibition of interleukin-1 receptor-associated kinase 1 (IRAK1) as a therapeutic strategy. *Oncotarget* **2018**, *9*, 33416-33439.
24. Cornett, A.L.; Lutz, C.S. Regulation of COX-2 expression by miR-146a in lung cancer cells. *RNA* **2014**, *20*, 1419-1430.
25. Jiang, M.; Xiang, Y.; Wang, D.; Gao, J.; Liu, D.; Liu, Y.; Liu, S.; Zheng, D. Dysregulated expression of miR-146a contributes to age-related dysfunction of macrophages. *Aging Cell* **2012**, *1*, 29-40.

26. Balch, W.E.; Morimoto, R.I.; Dillin, A.; Kelly, J.W. Adapting proteostasis for disease intervention. *Science* **2008**, *319*, 916-919.
27. Musci, R.V.; Hamilton, K.L.; Miller, B.F. Targeting mitochondrial function and proteostasis to mitigate dynapenia. *Eur. J. Appl. Physiol.* **2018**, *118*, 1-9.
28. Vasa-Nicotera, M.; Chen, H.; Tucci, P.; Yang, A.L.; Saintigny, G.; Menghini, R.; Mahè, C.; Agostini, M.; Knight, R.A.; Melino, G.; Federici, M. miR-146a is modulated in human endothelial cell with aging. *Atherosclerosis* **2011**, *217*, 326-330.
29. Anderson, E.J.; Lustig, M.E.; Boyle, K.E.; et al. Mitochondrial H<sub>2</sub>O<sub>2</sub> emission and cellular redox state link excess fat intake to insulin resistance in both rodents and humans. *J. Clin. Invest.* **2009**, *119*, 573-581.
30. Siegel, M.P.; Kruse, S.E.; Percival, J.M.; et al. Mitochondrial-targeted peptide rapidly improves mitochondrial energetics and skeletal muscle performance in aged mice. *Aging Cell* **2013**, *12*, 763-771.

### Figure Legends

**Figure 1:** Flowchart of enrolled community-dwelling elderly included normal, dynapenic, and sarcopenic subjects during following-up. This study surveyed 597 participants who were recruited community-dwelling elderly. Exclusion criteria listed in the figure were used to recruit eligible candidates. Afterwards, eligible 77 subjects were enrolled into this study, and then divided into three groups: normal (n=24), dynapenic (n=35), and sarcopenic groups (n=18).

**Figure 2:** Correlations between circulating microRNA-486 (c-miR-486) (A) or c-miR-146a (B) and skeletal muscle mass index (SMI) or handgrip strength. Logistic linear regression analysis was conducted to determine the relationship of c-miRs to SMI and handgrip.

**Figure 3:** The receiver operating characteristic curve analysis was constructed using the expression values with c-miRs and sarcopenia to distinguish between normal and sarcopenic subjects. The area under the curve (AUC) was estimated to assess the diagnostic performance of c-miRs and sarcopenia. The AUC in c-miR-486 was 0.708 (95% confidence interval, CI: 0.561~0.855, P=0.008) with cut-off point was 0.391 (78% sensitivity, 61.1% specificity) (A). Moreover, the AUC in c-miR-146a was 0.676 (95% CI: 0.551~0.801, P =0.024) with cut-off point was 0.371 (59.3% sensitivity, 77.8% specificity) (B).

Fig. 1

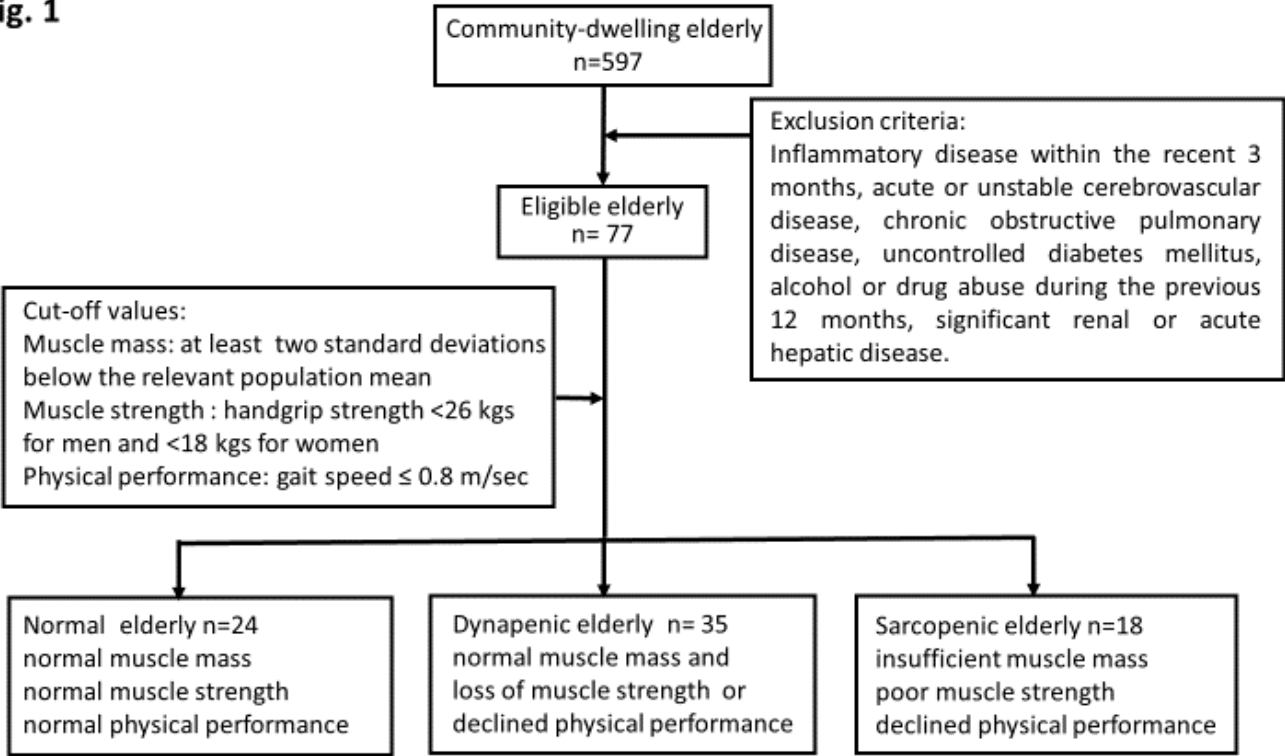


Fig.2

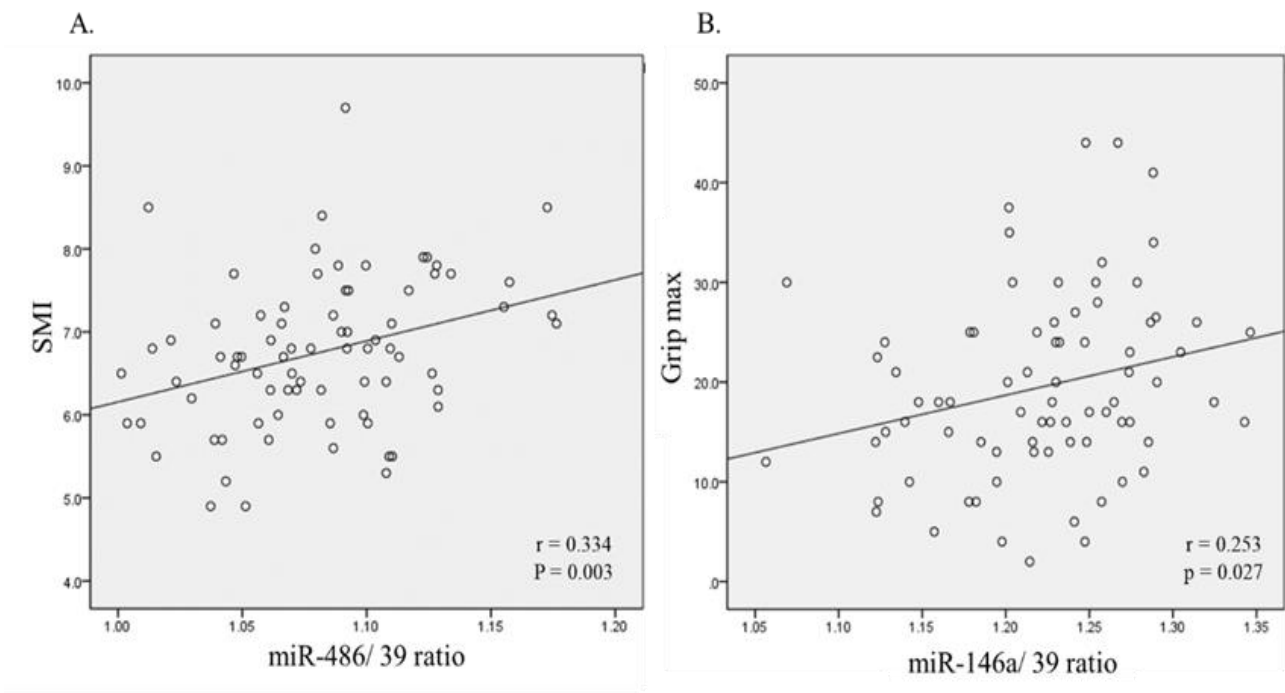
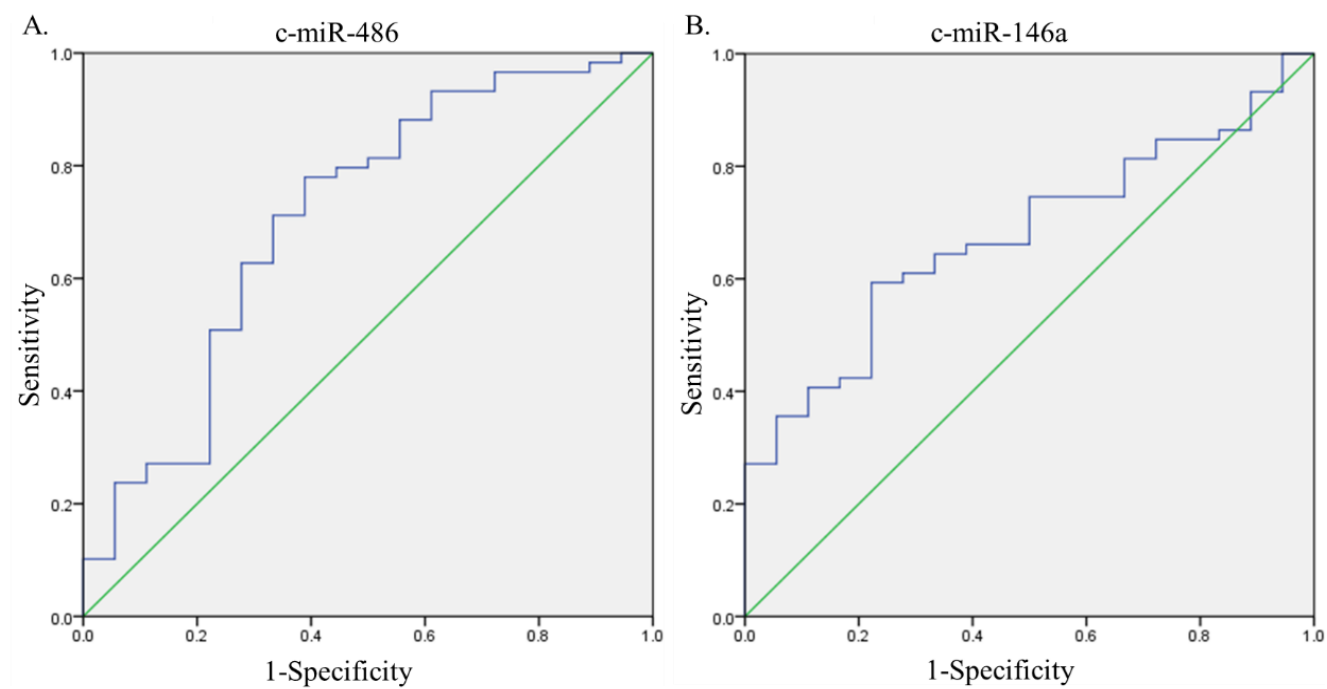


Fig. 3



**Table 1. Demographic and clinical characteristics in various groups.**

Total n=77		N	D	S
Age	y/o	75.8±6.1	80.2±5.7	79.8±5.9
Gender	♂:♀	16:8	17:18	8:10
BMI	kg/m <sup>2</sup>	23.9±2.2	25.3±2.6	21.6±2.6 <sup>#+</sup>
Waistline	cm	84.2±7.8	86.1±6.9	77.9±8.1 <sup>#+</sup>
SBP	mmHg	127±14	140±14*	135±15 <sup>#</sup>
DBP	mmHg	76±10	76±10	75±16
PBL	%	65.7±4.3	63.2±4.7	62.6±4.8 <sup>#</sup>
PBF	%	30.1±4.7	32.9±5.2*	33.4±5.1 <sup>#</sup>
LMI	kg/m <sup>2</sup>	15.7±1.7	15.5±1.7	13.5±1.4 <sup>#+</sup>
SMI	kg/m <sup>2</sup>	7.1±0.7	7.0±0.8	5.8±0.6 <sup>#+</sup>
T-score	unit	0.25±0.91	-0.39±1.03*	-0.53±0.92 <sup>#+</sup>
Grip strength	kg	29.0±7.5	17.5±5.2*	10.6±5.2 <sup>#+</sup>
Gait speed	m/sec	1.09±0.21	1.04±0.27	0.64±0.12 <sup>#+</sup>
c-miR-486	ratio	1.09±0.04	1.08±0.04	1.04±0.03 <sup>#+</sup>
c-miR-133a	ratio	1.28 ±0.08	1.28±0.07	1.26±0.05
c-miR-146a	ratio	1.26±0.05	1.23±0.04	1.20 ±0.05 <sup>#</sup>
c-miR-21	ratio	1.19±0.05	1.17±0.05	1.16±0.04
MPO	ng/mL	6.68±3.04	7.04±3.28	7.58±5.47
IL-1β	pg/mL	0.46±0.44	0.74±0.29	0.81±0.45
IL-6	pg/mL	6.05±2.00	5.24±1.51	5.94±2.10

N, normal group (n=24); D, dynapenic group (n=35); S, sarcopenia group (n=18); BMI, body mass index; SBP, systolic blood pressure; DBP, diastolic blood pressure. PBL, percentage of body lean. PBF, percentage of body fat. LMI, lean mass index. SMI, skeletal muscle mass index; MPO, myeloperoxidase; IL-1β, interleukin-1β, IL-6, interleukin-6. Values are mean ± standard deviation. \* $P < 0.05$ , N vs. D; #  $P < 0.05$ , N vs. S. + $P < 0.05$ , D vs. S.

Table 2. Correlations of microRNAs and sarcopenic parameters

	c- miR- 133a	c- miR- 486	c- miR- 21	c- miR- 146a	BMI	Waistli ne	PBL	PBF	LMI	SMI	T- score	Grip strength	Gait spee d
c-miR-133a	—												
c-miR-486	.420*	—											
c-miR-21	.576*	.441*	—										
c-miR-146a	.578*	.361*	.934*	—									
BMI	-.041	.253*	.023	.069	—								
Waistline	-.004	.196	.062	.150	.846*	—							
PBL	.144	.038	.135	.141	-.308*	-.125	—						
PBF	-.122	-.030	-.124	-.129	.318*	.129	-.997*	—					
LMI	.050	.269*	.118	.165	.751*	.733*	.391*	-.380*	—				
SMI	.098	.334*	.213	.240*	.647*	.638*	.367*	-.357*	.884*	—			
T score	-.052	.082	.051	.090	.045	.178	.443*	-.491*	.353*	.304*	—		
Grip strength	.144	.182	.202	.253*	.195	.273*	.512*	-.515*	.543*	.568*	.409*	—	
Gait speed	.155	.173	.050	.075	.086	.018	.093	-.085	.146	.254*	.136	.421*	—

**BMI**, body mass index; **PBL**, percentage of body lean. **PBF**, percentage of body fat. **LMI**, lean mass index. **SMI**, skeletal muscle mass index; \**P* <0 .05.