Editorial

Vicious Cycle between Brain and Muscle

Beom Sun Chung

Department of Anatomy, Ajou University School of Medicine, Suwon, Korea

► See the article “Understanding the Relationship between Low Muscle Mass and Depressed Mood in Korean Girls” in volume 34 number 7, e51.

Dr. Scifun

BS Chung (anatomy.co.kr)

Vicious cycle between brain and muscle

Brain and muscle can blame on each other.

Weak muscle causes insufficient exercise, and I become depressed. - Brain

Depressed brain causes insufficient exercise, and I become weak. - Muscle

No matter whether chicken preceeds egg or vice versa, vicious cycle is the problem.

The vicious cycle must be broken either by brain

After treating depression, exercise is preferred. - Brain

No buck passing!

or by muscle.

After exercising, depression is relieved. - Muscle

No matter whether mental health comes before physical health or vice versa, breaking vicious cycle is the solution.