



COMPARISON OF SARCOPENIA PREVALENCE ACCORDING TO AGE GROUP IN CLIMACTERIC WOMEN FROM THE CARIBBEAN OF COLOMBIA

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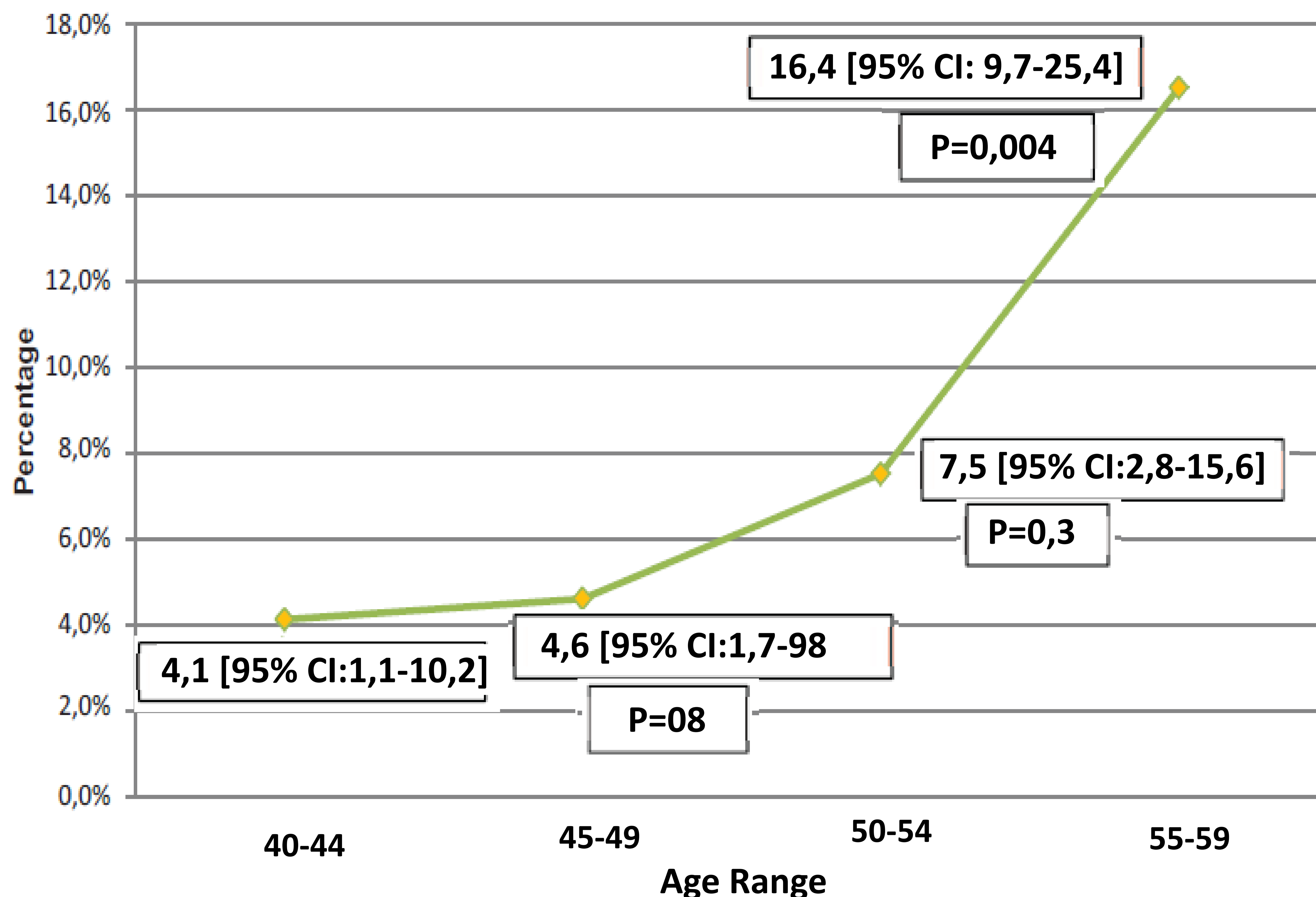
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This research is part of the CAVIMEC (Calidad de Vida en la Menopausia y Etnias Colombianas) project.

Objective: To compare sarcopenia prevalence according to age group in middle aged women

Methods: Cross-sectional study in caribbean women from Colombia between 40-59 years, healthy in their communities, who participated voluntarily and anonymously with prior signature of informed consent. Sociodemographic form and anthropometric measurements: muscle mass (calf circumference), muscle strength (hand grip) and physical performance (gait speed) were measured. The Working Group criteria on Sarcopenia in Older People were used to identify sarcopenia: low muscle mass (<31 cm), reduced muscle strength (<20kg) and lower physical performance (<0,8m/s). Statistic analysis with EPI-INFO-7. This was a non-impact study in the integrity of the participants; it was anonymous and developed in their own communities. It was guaranteed by the ethic committee of the Universidad de Cartagena, Colombia

PREVALENCE OF SARCOPENIA BY AGE RANGE

n = 403



Valor de P as compared with the 40-45 age group

	OR [95% CI]
40-44	1
45-49	1,13 [0,31-4,13]
50-54	1,88 [0,51-6,92]
55-59	4,59 [1,47-14,29]

CONCLUSION: There was difference in sarcopenia prevalence in age groups that are part of the climacteric life stage.

