



SARCOPENIA AND CLIMACTERIC WOMEN OF THE COLOMBIAN CARIBBEAN

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

Objective: To determine the prevalence of sarcopenia and associated factors in climacteric mid-aged womenal domain.

Methods: Cross-sectional study, which is part of the CAVIMEC (Calidad de Vida en la Menopausia y Etnias Colombianas) project.. Advance in Colombian Caribbean women (40-59 years, n=403) who were surveyed with a form that included sociodemographic information and two validated tools (the Menopause Rating Scale and the SF-36 Health questionnaire). Calf circumference, hand grip and gait speed were measured. Low muscle mass (calf circumference < 31 cm), reduced muscle strength (<20 kg in hand grip) and lower physical performance (<0.8 m/s gait speed) were estimated. Criteria of the European Working Group on Sarcopenia in Older People were used to identify sarcopenia. Association between sarcopenia (dependent variable) and menopausal symptoms and health perception (independent variables) was estimated. The analysis was carried out with the statistical program 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

n = 403	
Age, Me (RI)	48 [45-54]
BMI, Me (RI)	26 [23-28]
N (%) [IC95%]	
Afro-descendant	142 (32.2) [30.7-40.0]
Hispanic	259 (64.2) [59.4-68.7]
Overweight	163 (40.4) [35.7-45.3]
Postmeno-pausal	179 (44.4) [39.6-49.3]
Diabetes	17 (4.2) [2.6-6.6]

CRITERIA AND SARCOPENIA n (%) [95% CI]	
Low Muscle Mass	39 (9,6) [7,1-12,9]
Reduced Muscle Strength	73(18,1)[11,6-21,1]
Lower Physical Performance	28 (6,9) [4,8-9,8]
Pre-sarcopenia	39 (9,6) [7,1-12,9]
Sarcopenia	32 (7,9) [5,6-10,9]
Non-severe sarcopenia	29 (7,1) [5,2-10,1]
Severe Sarcopenia	3 (0,7%) [0,2-2,7]

CONCLUSION:
Sarcopenia was present in this mid-aged female Colombian Caribbean sample and associated to various factors such as ethnicity, age and menopausal symptoms and status.

FACTORS ASSOCIATED WITH SARCOPENIA OR [95% CI]	
To feel full of life only sometimes or never	11,1 [4,74-26,07]
To feel a lot of energy only sometimes or never	5,07 [2,41-10,66]
To report joint and muscular discomfort	4,38 [1,50-12,73]
To present hot flashes	3,99 [1,37-11,63]
History of hysterectomy	3,98 [1,75-9,03]
To be Hispanic ethnic group	3,23 [1,21-8,59]
Over 50 year of age	3,06 [1,41-6,65]
Being postmenopausal	2,99 [1,38-6,51]
To report sleep problems	2,25 [1,05-4,81]

