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ETHNICITY/RACE AND CLINICAL CONSIDERATIONS OF SARCOPENIA IN COLOMBIAN POSTMENOPAUSIC WOMEN

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INTRODUCTION

Sarcopenia is an age-related condition characterized by loss of muscle mass and strength. Differences in body composition according to ethnicity/race have been noted; however, studies in the Latin American population that compare the prevalence of sarcopenia between ethnic groups are insufficient

OBJECTIVE

To compare the frequency of sarcopenia in Colombian postmenopausic women according to ethnic groups and to establish the association between ethnicity and sarcopenia

METHODS

Cross-sectional study part of the Sarcopenia in Colombian Women [SARCOL] Project, carried out in Colombian women between 60-74 y, who agreed to participate anonymously and voluntarily. Unadjusted logistic regression was performed: Clinical Suspicion of Sarcopenia [CSS] or Probable Sarcopenia [PS] (dependent variable) and ethnic groups [Hispanic/mixed race and Afro-descendants] (independent variable)

- CSS was identified with the SARC-F scale plus Calf Circumference. Two cut-off points were considered:

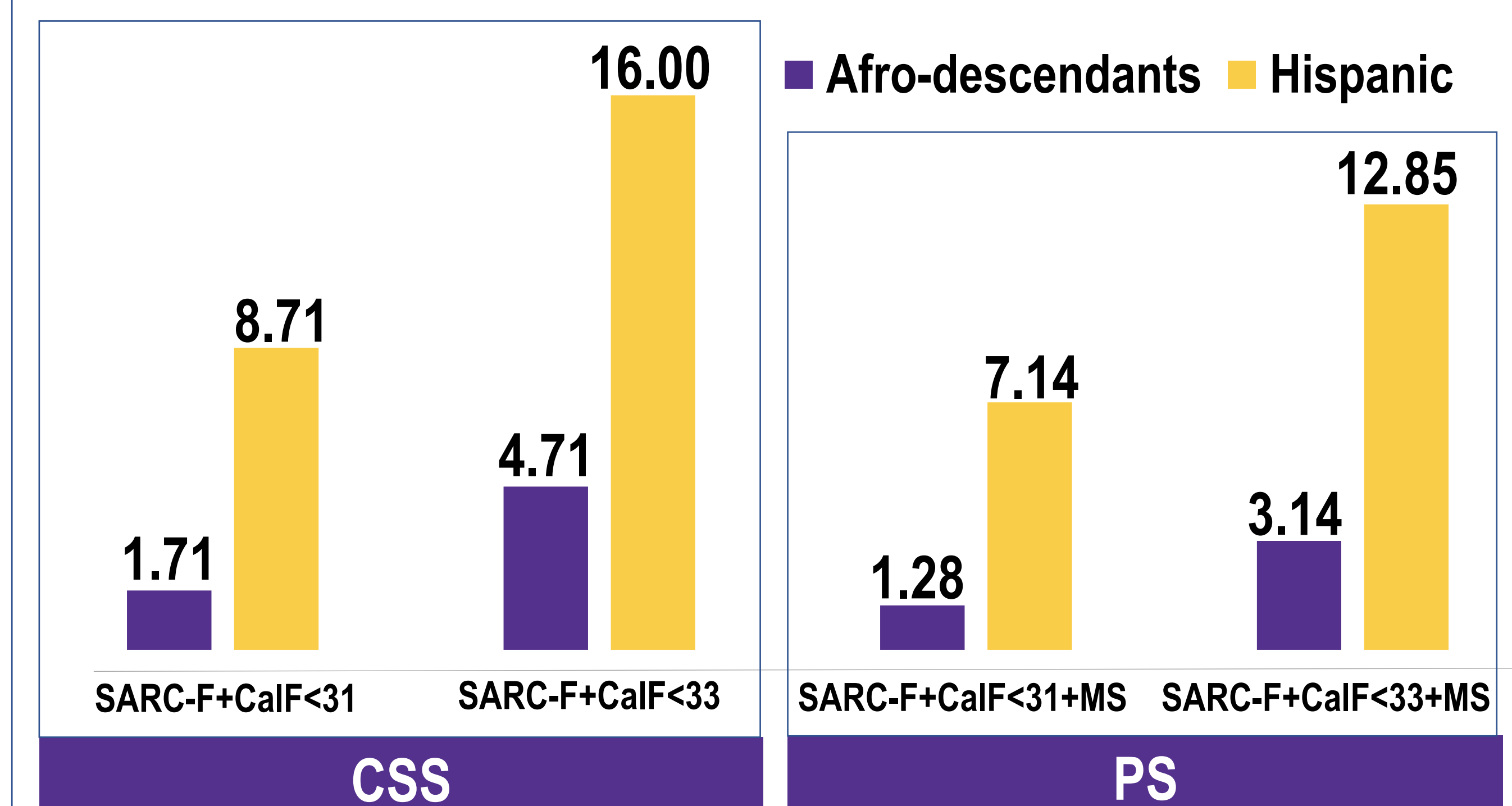 SARC-F$\geq$4+CalF<31 and SARC-F$\geq$4+CalF<33

- PS was established by adding Muscle Strength (MS) to each of the above measurements (<20kg grip strength in the dominant hand, obtained with a dynamometer)

- p<0.05 was statistically significant

- Study approved by ethics committee

RESULTS

700 women were studied

Age, years, X±SD	66.9 ± 4.6
Hispanic / mixed race, n (%)	300 (42.8)
Afro-descendants, n (%)	400 (57.2)
Calf circumference < 31 cm, n (%)	136 (19.4)
Calf circumference < 33 cm, n (%)	261 (37.2)
Low muscle strength <20 kg, n (%)	477 (68.1)

Frequency of Clinical Suspicion of Sarcopenia and Probable Sarcopenia according to ethnicity (%)

Afro-descendants / Hispanic

CSS:
- SARC-F+CalF<31: 1.71 / 8.71
- SARC-F+CalF<33: 4.71 / 16.00

PS:
- SARC-F+CalF<31+MS: 1.28 / 7.14
- SARC-F+CalF<33+MS: 3.14 / 12.85

Association between Afro-descendant ethnicity with respect to Hispanics, and Sarcopenia
Unadjusted logistic regression. OR [95%CI]

CSS		PS	
SARC-F+CalF<31	SARC-F+CalF<33	SARC-F+CalF<31+MS	SARC-F+CalF<33+MS
0.12 [0.006-0.22]	0.15 [0.09-0.23]	0.11 [0.05-0.23]	0.13 [0.08-0.22]

CONCLUSIONS

In a group of postmenopausic Colombian women, CSS and PS were more frequent in Hispanic ethnicity. Belonging to the Afro-descendant ethnic group with respect to Hispanics was associated with an 85 to 88% lower probability of CSS and with an 87 to 89% lower probability of PS

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