

P-274

Clinical Considerations Related to Sarcopenia and Its Association with Aging in Older Adult Women

Álvaro Monterrosa-Castro, Mayra Colmenares-Guzmán, Angélica Monterrosa-Blanco
 Grupo de Investigación Salud de la Mujer
 Facultad de Medicina. Universidad de Cartagena. Colombia

OBJECTIVE

To evaluate a group of clinical considerations related to sarcopenia in older adult women and to estimate the association of each of them with aging

MATERIALS & METHODS

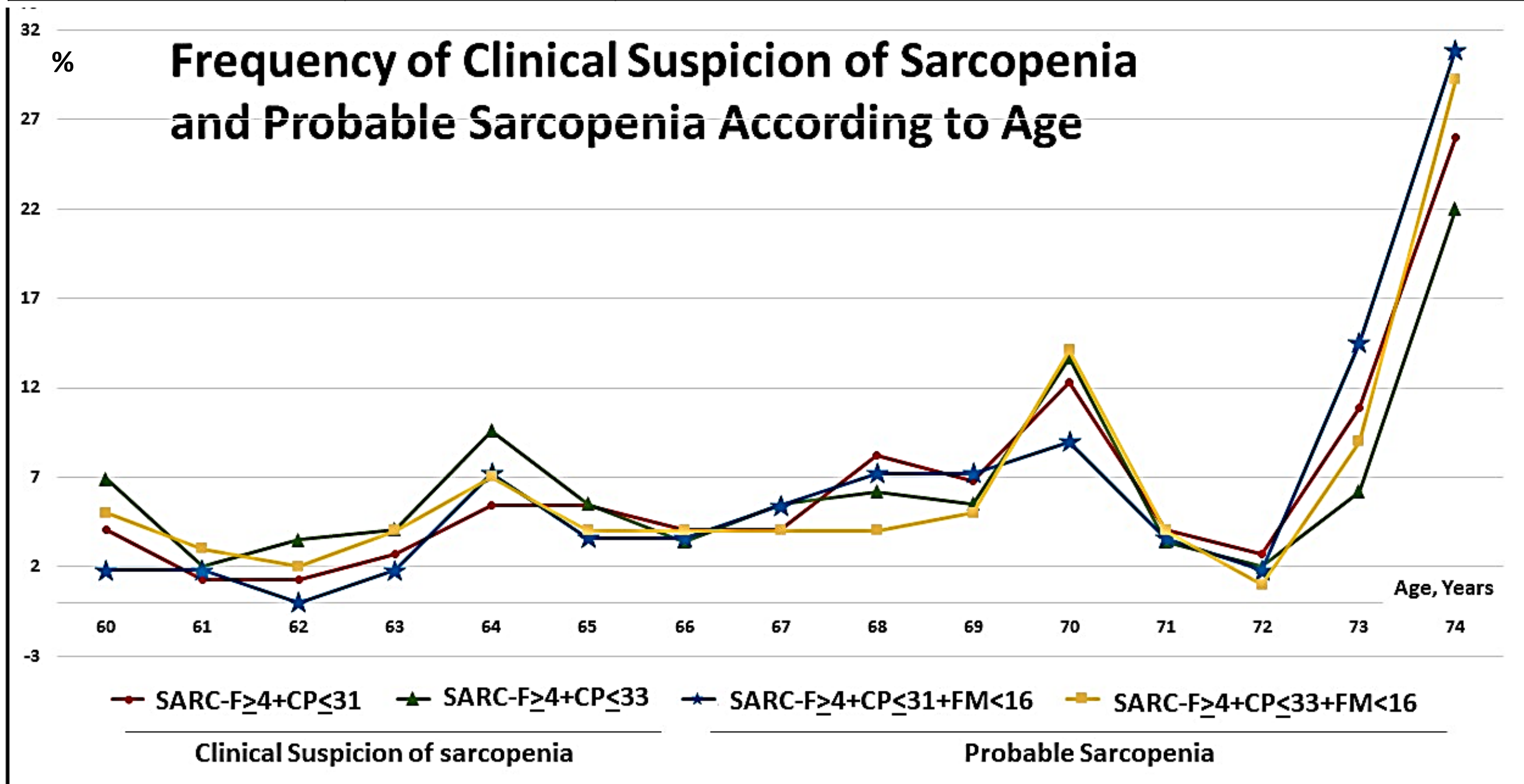
Cross-sectional study that is part of the research project Sarcopenia in Colombian Women (SARCOL). It included information from 700 women between 60-74 years of age. Muscle strength (FM), gait speed, and calf circumference (CP) were measured. The SARC-F scale was applied. Two measures of clinical suspicion of sarcopenia and probable sarcopenia were established. Anonymous participation.

RESULTS

Average age, X±SD : 66.9±4.6

Overweight/obesity, %: 60.4

60-64, y, %	36.9	Poor physical performance, %	83.4
65-69, y, %	29.0	Reduced muscle strength. %	50.7
70-74, y, %	34.1	The average calf circumference, X±SD	34.1±4.0 cm



65-69 years old was associated with a 60% and 78% increase in the chance of reduced muscle strength and decreased physical performance, respectively. Also, with twice the chance of sarcopenia.

70-74 years of age was associated with a 65% greater chance of clinical suspicion of sarcopenia, twice sarcopenia, three times severe sarcopenia or decreased muscle strength, and four times decreased physical.

CONCLUSION

With semiological and anthropometric elements, it was observed that with aging the frequency of clinical considerations related to sarcopenia increased. Aging was significantly associated with clinical considerations related to sarcopenia that were assessed