

# P41 INFLUENCE OF AMOUNT OF MUSCLE ON QUALITY OF LIFE IN PATIENTS WITH KNEE OSTEOARTHRITIS

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### INFLUENCE OF AMOUNT OF MUSCLE ON QUALITY OF LIFE IN PATIENTS WITH KNEE OSTEOARTHRITIS

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**Key words:** *osteoarthritis knee, quality of life, muscles*

**Objectives:** One of common noninflammatory degenerative disease is knee osteoarthritis (KOA). Chronicle character of disease, prolonged pain episode, reduction of daily activities can influenced on quality of life. The aim of the study was to establish how amount of muscles can influence on quality of health in patients with KOA.

**Methods:** We examined 100 patients (30 male and 70 female), age 40-80, with the diagnosis of KOA. The muscle mass (MM) was

analyzed from body composition by Tanita BC 540 Innerscan Body Composition Monitor. Patients fulfilled EuroQol 5D

**Results:** Average MM was 49.36 kg (SD 8.41kg) with statistical significant difference ( $t=5.817$ ;  $p<0.0001$ ) between gender which indicate significant higher MM for male 62.68kg (SD 6.61kg) than for female 46.47kg (SD 5.45kg). Patients evaluated their state of health on 54.93 (SD 19.56), without statistical significant difference between gender ( $t=0.488$ ;  $p=0.629$ ), although female patient evaluated better (55.78 vs. 51.00). Items analyzes indicated that in the first dimension: mobility -95% of patients had some walking problems, in the second dimension: self care- 64.3% of patients had some problem with self care, in the third dimension: usual activity- 89.3% of patients had some problem with performing their usual activity, in the fourth dimension: pain/discomfort 89.3% of patients had moderate pain and discomfort and in the fifth dimension: anxiety/depression 89.3% of patients had moderate anxiety and depression. We found statistical significant correlation between MM and second dimension ( $r=-0.389$ ;  $p=0.042$ ) and MM and the fifth dimension ( $r=-0.550$ ;  $p=0.002$ ) which indicated that increase of MM could reduce problem with self care and level of anxiety and depression.

**Conclusions:** Amount of muscle can influence on bettering quality of life in patient with KOA. Cause of that we suggested to educated patient with KOA for daily active exercise in aim to improve state of health.