

SARCOPENIA IN UKRAINIAN WOMEN OF DIFFERENT AGE

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Povoroznyuk V., Dzerovych N.

D.F. Chebotarev Institute of gerontology, NAM Ukraine

Keywords: sarcopenia, women, age

Aim. The aim of this study is evaluating of body composition and frequency of sarcopenia in women depending on age.

Materials and methods. We've examined 8637 women aged 20-89 years (mean age – 56.7 ± 0.14 yrs; mean height – 162.5 ± 0.07 cm; mean weight – 73.5 ± 0.16 kg). The patients were divided into two groups depending on age: 20-24 (n=143), 25-29 (n=209), 30-34 (n=271), 35-39 (n=326), 40-44 (n=419), 45-49 (n=794), 50-54 (n=1292), 55-59 (n=1534), 60-64 (n=1193), 65-69 (n=943), 70-74 (n=877), 75-79 (n=384), 80-84 (n=204) and 85-89 yrs (n=48). Lean and fat masses and total body, lumbar spine, femoral neck bone, forearm bone mineral density (BMD) were measured by DXA using a densitometer Prodigy, GE.

Results. We have found the significantly differences of fat and lean masses in women with age:

– fat mass: 20-24 yrs – 18630.12 g; 25-29 yrs – 18630.12 g; 30-34 yrs – 19201.00 g; 35-39 yrs – 21528.15 g; 40-44 yrs – 24611.77 g, 45-49 yrs – 2750.54 g; 50-54 yrs – 27501.54 g; 55-59 yrs – 29909.92 g; 60-64 yrs – 31600.27 g; 65-69 yrs – 33508.25 g; 70-74 yrs – 33155.54 g; 75-79 yrs – 32284.86 g, 80-84 yrs – 30595.53 g; 85-89 yrs – 30303.68 g; $F=83.19$; $p<0.0000001$;

– lean mass: 20-24 yrs – 37271.57 g; 25-29 yrs – 37954.09 g; 30-34 yrs – 39019.72 g; 35-39 yrs – 39928.62 g; 40-44 yrs – 40929.67g, 45-49 yrs – 41407.19 g; 50-54 yrs – 41936.27 g; 55-59 yrs – 42564.79 g; 60-64 yrs – 42519.73 g; 65-69 yrs – 41758.95 g; 70-74 yrs – 41233.77 g; 75-79 yrs – 41105.52 g, 80-84 yrs – 40308.00 g; 85-89 yrs – 38454.61 g; $F=29.15$; $p<0.0000001$.

Frequency of sarcopenia in women aged 65 yrs and older was 7% (women aged 65-69 yrs (n=943) – 7.6% (n=72), 70-74 yrs (n=877) – 6.1% (n=54), 75-79 yrs (n=384) – 6.3% (n=24), 80-84 yrs (n=204) – 6.9% (n=14), 85-59 yrs (n=48) – 10.4% (n=5).

Conclusions. Fat and lean masses were significantly decreased with age. The maximal accumulation of fat and lean masses was in women aged 50-59 years. Frequency of sarcopenia in women aged 65 yrs and older was 7%.

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SARKOPENIA U UKRAIŃSKICH KOBIET W RÓŻNYM WIEKU

Povoroznyuk V., Dzerovych N.

D.F. Chebotarev Institute of gerontology, NAM Ukraine

Słowa kluczowe: sarcopenia, kobiety, wiek