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21941 | Sarcopenia in an Internal Medicine department and the relationship with the adherence to a Mediterranean dietary pattern

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Background & Aim: Sarcopenia, a skeletal muscle disorder has personal and socioeconomic impact⁽¹⁾. The Mediterranean Diet is typical of the countries surrounding or influenced by the Mediterranean Sea. It is based on sociogeographical, cultural and sustainable elements. Adherence to it seems to contribute to greater longevity, reduced morbidity and mortality⁽²⁻⁴⁾. We aimed to study the possible relation between the prevalence of sarcopenia and adherence to the Mediterranean diet in the internal medicine department. **Methods:** We studied sarcopenia by handgrip strength(HGS)(Gripwise®), mid-arm muscle circumference(MAMC)⁽⁵⁾ and calf-circumference(CC); adherence to Mediterranean Diet(MD) by PREvención Dieta MEDiterránea(PREDIMED)^(6, 7). Weight, height, Body Mass Index(BMI)⁽⁸⁾, fat and muscle mass using skinfolds(Lipowise®) were assessed. **Results:** 70 women and 92 men admitted in internal medicine service were included, on average aged 81 and 76, BMI 27.4 and 25.1kg/m², body fat(BF) 33.9 and 22.3%, MAMC 19.2 and 21.9cm, CC 31.9 and 32.2cm and HGS 8.5 and 18.3kgF, respectively. PREDIMED averaged score was 10 points for both genders. Using HGS, MAMC and CC, we found that respectively 91.4%, 44.4%, 36.6% had suggestive values of sarcopenia. By PREDIMED we concluded that 64,4% had good adherence to MD. A negative correlation was found between HGS(rs= -0.054;p=0.592) and MAMC(rs= -0.016;p=0.872) and PREDIMED score and there was a positive correlation between CC and PREDIMED score (rs=0.161; p=0.110). The correlations were not significant when comparing all variables and adherence to MD, and it appeared to be different between genders. There was also a positive correlation between BF and PREDIMED score (rs=0.001;p=0.989), however it was not significant. **Conclusions:** We conclude that, patients with higher HGS and MAMC may have lower PREDIMED score probably since these people have higher weight which might suggest a lower adherence to healthy eating habits, like MD. Higher CC and BF were associated with higher PREDIMED score.

Keywords: Sarcopenia, Mediterranean Diet, Nutritional Status.

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