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ASSOCIATION OF BODY COMPOSITION WITH SARCOPENIC OBESITY IN ELDERLY WOMEN

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Aging of the population is a worldwide phenomenon that is accompanied by a series of modifications to several physiological parameters, such as a progressive increase in fat mass and a decrease in lean body mass. However, these alterations are not linear and must be constantly monitored. In elderly individuals, changes in body composition result in the prevalence of overweight and obesity combined with a loss of muscle mass and strength, this has recently been defined as sarcopenic obesity. Sarcopenic obesity is associated with functional limitations and increased mortality. The aim of the present study was to investigate the prevalence of sarcopenic obesity and its association with obesity and sarcopenia in elderly Brazilian women. Two hundred and seventy-two sedentary women with a mean age of 66.75 ± 5.38 years were recruited for participation in this study. Obesity was determined by both body mass index and Dual-energy X-ray Absorptiometry (DXA) evaluations. Sarcopenic obesity diagnosis was established from the ratio between fat-free mass and body surface area as obtained by DXA. There was no association of obesity with sarcopenic obesity ($P = 0.424$). In contrast, sarcopenia was significantly related to sarcopenic obesity ($P, 0.001$), although most of the elderly women with sarcopenia ($n = 171$) did not exhibit sarcopenic obesity. These results highlight the importance of diagnosing sarcopenic obesity as elderly women exhibiting sarcopenia could be either eutrophic or obese.

Biography

Alessandro de Oliveira Silva is doctor in physical education from the Catholic University of Brasilia - DF (2013) . Master in Gerontology from the Catholic University of Brasilia - DF (2008) . He is currently Professor of Physical Education and Medicine courses from University Center of Brasilia (UnICEUB) . He has experience in the area of Physical Education, with an emphasis on Senior Citizens, Groups and Special Strength Training , acting on the following topics: strength training variables and periodization , exercise physiology , immunology and body composition.

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