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ASSESSMENT OF MUSCLE MASS IN POSTMENOPAUSAL WOMEN

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Objective: Muscle mass has a known impact on the bone and it belongs to the criteria for definition of sarcopenia (4). Muscle mass could be assessed with bioelectrical impedance analysis (BIA), which is noninvasive and inexpensive method for measuring body composition. Another noninvasive method – radiofrequency echographic multispectrometry has also been recently introduced for evaluation of body composition (1,2). The aim of this study is to assess the muscle mass with BIA in postmenopausal women.

Methods: 89 postmenopausal women have been assessed with BIA. Age, weight, height and muscle mass in kg/m^2 were the analyzed parameter. Low muscle mass was defined as muscle mass <5.67 kg/m^2 as per definition of sarcopenia (3).

Results: The mean age of the women was 62±11 y (range 45-84 y). The mean weight was 68.1±14.6 kg (range 39.4-106 kg). The mean height was 157.4±8.3 cm (range 135-182 cm). The mean muscle mass was 11.4±1.9 kg/m$^{2.}$ (range 5.5-15.5 kg/m^2). Two women (2.3%) had low muscle mass under 5.67 kg/m^2. 17 women (19.1%) had muscle mass between 6-10 kg/m^2, 35 women (39.3%) had muscle mass between 10-12 kg/m^2 and 35 women (39.3%) had muscle mass above 12 kg/m^2.

Conclusion: Postmenopausal women in the current study showed relatively low incidence (2.3%) of muscle mass values corresponding to sarcopenia.

References:

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