



## Sarcopenia and cognitive impairment in elderly women: results from the EPIDOS cohort

Submitted by Emmanuel Lemoine on Wed, 04/22/2015 - 16:40

Titre	Sarcopenia and cognitive impairment in elderly women: results from the EPIDOS cohort
Type de publication	Article de revue
Auteur	G. van Kan, Abellan [1], Cesari, M. [2], Gillette-Guyonnet, Sophie [3], Dupuy, C. [4], Nourhashemi, F. [5], Schott, A. M [6], Beauchet, Olivier [7], Annweiler, Cédric [8], Vellas, B. [9], Rolland, Y. [10]
Editeur	Oxford University Press
Type	Article scientifique dans une revue à comité de lecture
Année	2012
Langue	Anglais
Date	2012/12/12
Numéro	2
Pagination	196-202
Volume	42
Titre de la revue	Age and Ageing
ISSN	1468-2834
Mots-clés	Absorptiometry, Photon [11], Age Factors [12], Aged [13], Aged, 80 and over [14], Aging/ psychology [15], Body Composition [16], Chi-Square Distribution [17], Cognition [18], Cognition Disorders/ epidemiology/psychology [19], Cross-Sectional Studies [20], Female [21], France/epidemiology [22], Gait [23], Geriatric Assessment/methods [24], Hand Strength [25], Humans [26], Independent Living [27], Logistic Models [28], Multivariate Analysis [29], Muscle Strength Dynamometer [30], Neuropsychological Tests [31], Odds Ratio [32], Prevalence [33], Questionnaires [34], Risk Factors [35], Sarcopenia/ epidemiology/physiopathology/radiography [36], Sex Factors [37]

**BACKGROUND:** common pathophysiological pathways are shared between age-related body composition changes and cognitive impairment.

**OBJECTIVE:** evaluate whether current operative sarcopenia definitions are associated with cognition in community-dwelling older women.

**DESIGN:** cross-sectional analyses.

**SUBJECTS:** a total of 3,025 women aged 75 years and older.

**MEASUREMENTS:** body composition (assessed by dual energy X-ray absorptiometry) and cognition (measured by short portable mental status questionnaire) were obtained in all participants. Multivariate logistic regression models assessed the association of six operative definitions of sarcopenia with cognitive impairment. Gait speed (GS, measured over a 6-meter track at usual pace) and handgrip strength (HG, measured by a hand-held dynamometer) were considered additional factors of interest.

**RESULTS:** a total of 492 (16.3%) women were cognitively impaired. The prevalence of sarcopenia ranged from 3.3 to 18.8%. No sarcopenia definition was associated with cognitive impairment after controlling for potential confounders. To proof consistency, the analyses were performed using GS and HG, two well-established predictors of cognitive impairment. Low GS [odds ratio (OR) 2.42, 95% confidence interval (CI) 1.72-3.40] and low HG (OR: 1.81, 95% CI: 1.33-2.46) were associated with cognitive impairment.

**CONCLUSION:** no significant association was evidenced between different operative sarcopenia definitions and cognitive impairment. The study suggests that the association between physical performance and cognitive impairment is not mediated by sarcopenia.

Résumé en anglais

URL de la notice

<http://okina.univ-angers.fr/publications/ua9909> [38]

DOI

10.1093/ageing/afs173 [39]

Titre abrégé

Age and ageing

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