

A SIMPLE ANTHROPOMETRIC TOOL FOR THE ASSESSMENT OF PRE-SARCOPENIA IN POSTMENOPAUSAL WOMEN

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Objectives: The purpose of this research was to explore the performance of anthropometric tools in the assessment of low muscle mass in a group of postmenopausal women.

Method: Fifty consecutive ambulatory postmenopausal women were studied. A complete clinical examination and an anthropometric evaluation following a standardized procedure were performed. Three indicators were devised: upper limb adjusted perimeter (ULAP), lower limb adjusted perimeter (LLAP), and appendicular adjusted perimeter (AAP).

Results: Sixteen sarcopenic patients (32%) were identified using the DXA appendicular lean mass/h² threshold. ULAP and AAP correctly classified 82% of the patients, while LLAP showed a lower performance (72%). The sensitivity and specificity values of ULAP

and AAP were higher than those obtained using LLAP; their positive and negative predictive values were 65.2%, 96.3% and 68.4%, 90.3%, respectively. A highly significant concordance was observed for the three anthropometric indicators.

Conclusion: The availability of reliable and simple clinical instruments to identify low muscle mass is of great relevance. Anthropometric methods reported in this paper could represent an innovative resource for muscle mass assessment in daily practice. The contribution of these approaches in the detection and management of sarcopenia should allow the physician to make early interventions and thus prevent or modify its relevant health consequences.

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“Cuando se ha eliminado todo lo que es imposible, lo que queda, por improbable que parezca, debe ser la verdad.”

ARTHUR CONAN DOYLE (1859-1930)