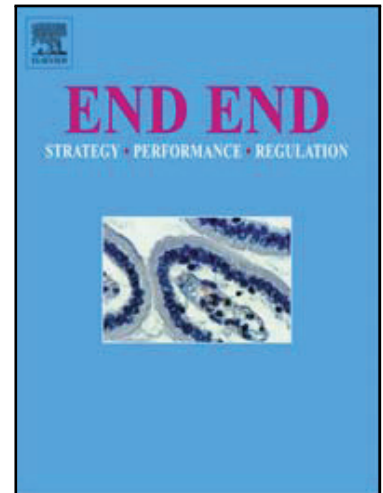


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SARCOPENIA: THE NEED TO ESTABLISH DIFFERENT CUTTING POINTS OF FAT FREE MASS FOR THE CHILEAN POPULATION

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Highlights

- Appendicular fat free mass (AFFM) was calculated from 4062 DEXAs and 4 possible cut-off points for sarcopenia were obtained.
- AFFM of young Chileans is lower than values from western countries, but similar to Latin American data, therefore it would not be appropriate to establish sarcopenia as -2SD below average; -1SD could be more suitable, however it gives cutoffs even higher than Baumgartner's.
- Only by calculating the percentage of muscle mass in relation to total mass, the expected age-related increase in frequency of sarcopenia was observed, and correlated with handgrip strength in elderly women.

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