SARCOPENIA IS NOT ASSOCIATED WITH DIALYSIS VINTAGE: FINDINGS FROM THE SARC-HD MULTICENTER STUDY

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Introduction

Sarcopenia is an age-related disease of muscle mass and strength decline; **highly prevalent in patients on hemodialysis;**

Dialysis-related factors can contribute to sarcopenia; [1]

*e.g. m*embrane bio incompatibility; loss of nutrients; low protein balance; unpleasant symptoms; low physical activity levels.

However, **dialysis vintage** might impact musculoskeletal health over time, but its **association with sarcopenia remains unclear.**

Therefore, we explored the association between sarcopenia and dialysis vintage in a large national cohort study.

DOI: 10.1007/s40620-020-00840-y [1]

Methods

Cross-sectional report from the **SARC-HD** study [2]

3 regions of Brazil
19 dialysis centers

Adults (≥18 years)
Hemodialysis (≥3 months)

Operational diagnosis
(EWGSOP2 algorithm)[3]

Assessment	Stages
Handgrip strength	Probable = **low**
Calf circumference	Confirmed = **low**
Physical performance (4-meter gait speed)	Severe = **low**

3 groups

G1 ➡ 3 to 18 months
G2 ➡ 19 to 50 months
G3 ➡ >50 months

DOI: 10.1186/s12882-023-03168-4 [2] ;DOI: 10.1093/ageing/afy169 [3]

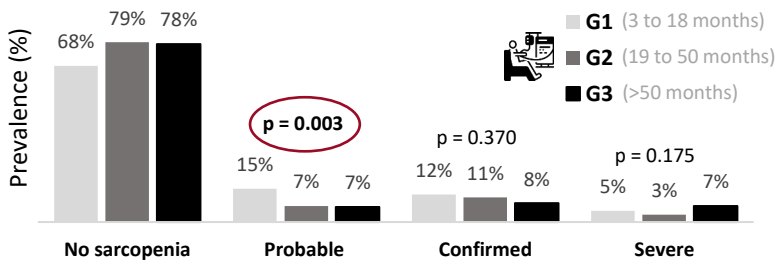
Results

***n* = 728 patients**

58 years; 61% men

25% **Overall prevalence**

31 months
(IQR: 12 – 63)



- **G1** - **higher prevalence of probable sarcopenia**
- No significant difference was found for confirmed and severe sarcopenia
- **No significant correlations between sarcopenia traits and dialysis vintage**

(Chi-square and Pearson correlation)

Conclusions

We found **no significant association between sarcopenia and dialysis vintage** in patients undergoing hemodialysis.

However, the prevalence of **probable sarcopenia** was higher for those with **shorter dialysis vintage**.

Thus, **interventions** aiming to prevent and mitigate **muscle strength loss** may be considered **independently of dialysis vintage**, but mainly to those recently admitted.

SARC-HD

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