

Paper Category:	Cognitive Frailty
Paper Title: (Arial Font; 14 Pt Size)	Association of Sarcopenia with Dementia, Depression and Socio-economic Status in Community-dwelling Adults
Abstract Body: (Arial Font; 12Pt Size)	<ul style="list-style-type: none"> • Background • Objectives • Method • Results • Discussions and Conclusions
<p>Background International guidelines advise opportunistic case finding to identify patients with sarcopenia, but it is unclear which patients have the highest risk.</p> <p>Objectives Our study aims to identify the key risk factors associated with sarcopenia in community-dwelling adults.</p> <p>Method This multi-centre, cross-sectional study was conducted at outpatient clinics at Alexandra Hospital and Outram Community Hospital. Community-dwelling patients and family members, with normal cognition, mild cognitive impairment (MCI) or dementia were interviewed with a survey comprising of SARC-F, Mini-Mental State Exam (MMSE), Montreal Cognitive Assessment (MoCA), Charleston Comorbidity Index (CCI) and socio-demographic information.</p> <p>Results There are 318 participants, with a mean age of 64.5±18 years. 195 (61.3%) are female, and 71 (22.3%) have possible sarcopenia (SARC-F≥4). 41 (12.8%) have dementia and 23 (7.2%) have MCI, diagnosed by specialists. Sarcopenic participants are significantly older (mean age 74.6±14.7 vs 59.1±17.6 years; p<0.0001), and have lower scores on MMSE (22.5±5.9 vs 26.3±4.4; p<0.0001) and MoCA (18.7±7.6 vs 24.4±5.5; p<0.0001), with lower scores in all domains except for registration on MMSE. Sarcopenia is significantly associated with dementia (OR 2.93; 95% confidence interval [CI], 1.47-5.82; p=0.0343) and depression (OR 3.21; 95% CI 1.32-7.78; p=0.0502). In contrast, there is no significant association with MCI, hypertension, dyslipidaemia or diabetes. In addition, sarcopenia is also significantly associated with low education (<10 years education; OR 5.79; 95% CI 3.13-10.69; p=0.0036), and living in a rental flat (OR 4.36; 95% CI 1.83-10.37; p=0.0222). Conversely, sex, ethnicity and living alone are not associated with sarcopenia.</p> <p>Discussions and Conclusions This study found that sarcopenia is significantly correlated with depression, dementia, low education and lower socio-economic status. Our results are corroborated by objective MMSE and MoCA scores. Further investigations are warranted to identify the cause of these associations, and to develop interventions to prevent sarcopenia in individuals with these risk factors.</p>	

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