

M18 Influence of the new EWGSOP2 consensus on research with presarcopenic and sarcopenic older persons

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Abstract title	Influence of the new EWGSOP2 consensus on research with presarcopenic and sarcopenic older persons
Abstract body	<p>Purpose: To determine the effect of the revised EWGSOP2 criteria on sarcopenia classification of participants in the Exercise and Nutrition for Healthy AgeiNg (ENHANCE) randomized controlled trial (RCT). In 2010, the European Working Group on Sarcopenia in Older People (EWGSOP) published a consensus on definition and diagnosis of sarcopenia (EWGSOP1). Recently a revised consensus was published, proposing muscle strength as key characteristic of sarcopenia (EWGSOP2).</p> <p>Methods: ENHANCE is an ongoing 5-armed RCT (ClinicalTrials.gov: NCT03649698) that examines the effect of an individualized nutritional intervention (protein supplementation and/or omega-3 supplementation) combined with a physical exercise program in community-dwelling (pre)sarcopenic elderly aged ≥ 65 years. EWGSOP1 (pre)sarcopenic elderly are eligible for inclusion. EWGSOP2 criteria were applied to evaluate whether the new definition influences the classification in sarcopenia stage.</p> <p>Results: Up to July 2019, 40 subjects (mean age 75y) are randomized in ENHANCE. Of these, 34 are presarcopenic, four sarcopenic and two severe sarcopenic according to EWGSOP1. According to EWGSOP2, 26 persons have no sarcopenia, none probable, 11 confirmed and three severe sarcopenia. Nine presarcopenic EWGSOP1 subjects became EWGSOP2 sarcopenic. Two EWGSOP1 sarcopenic persons were considered severe sarcopenic in EWGSOP2. One EWGSOP1 severe sarcopenic subject was no longer classified in EWGSOP2.</p>

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Conclusion: Most EWGSOP1 sarcopenic and severe sarcopenic subjects are still classified in EWGSOP2. However, most presarcopenic subjects are no longer classified in EWGSOP2. Although EWGSOP2 facilitates diagnosis of sarcopenia in clinical practice, a consensus definition of preclinical or early stages of sarcopenia would be welcomed to address the needs of these elderly and to align related ongoing and future research.