

F5 Relationship between body composition and self-perceived fatigue in community-dwelling adults aged 80 and over

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Abstract title	Relationship between body composition and self-perceived fatigue in community-dwelling adults aged 80 and over
Abstract body	<p>Doel: Body composition, self-perceived fatigue and muscle weakness are important characteristics of frailty at higher age. This study observed whether the interrelationship among self-perceived fatigue, muscle fatigability and body composition can be observed in community dwelling older adults aged 80 and over.</p> <p>Methodologie: Four-hundred-fifty-three participants of the BUTTERFLY-study, a cohort study in well-functioning subjects aged 80+, were assessed for frailty status on Frailty Index of Fried (FFI) and the Groningen Frailty Indicator (GFI), grip strength, self-perceived fatigue (Multidimensional Fatigue Index MFI) and body composition (measured by DXA Dual-energy X-ray absorptiometry (DXA) and Bioelectric Impedance Analysis (BIA)).</p> <p>Resultaten: Pre-frail and frail older adults show significantly more fat mass %, lean mass, and higher levels of fatigue compared to their robust counterparts. More fat mass measured by the BIA and DXA are significantly related to higher levels of self-perceived fatigue in pre-frail older adults on the FFI. In frail older adults according to GFI, higher fat mass (both total body and more appendicular fat mass) was significantly related to higher levels of fatigue.</p> <p>Conclusie: Robust older adults were less fatigued and showed lower fat mass compared to pre-frail ones. Since higher (appendicular) fat mass was related to higher levels of fatigue, metabolic and inflammatory processes are likely to be involved.</p>