LB415

SARCOPENIA; PHYSICAL FUNCTIONING, BODY COMPOSITION AND PROTEIN INTAKE IN ADULT PATIENTS WITH MITOCHONDRIAL DISEASE COMPARED WITH MATCHED HEALTHY CONTROLS – DYNAMO STUDY

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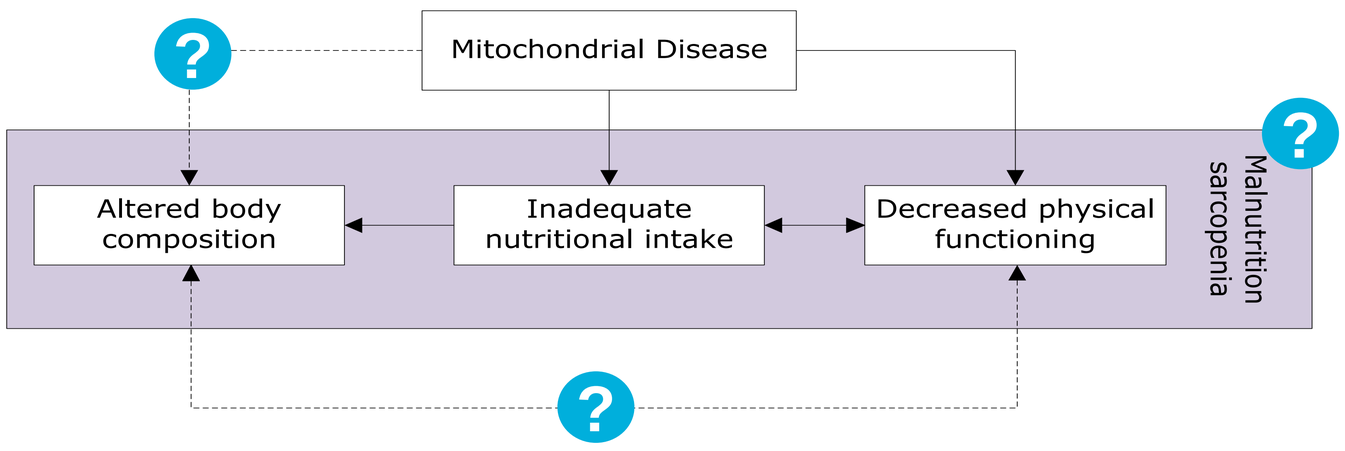
Rationale

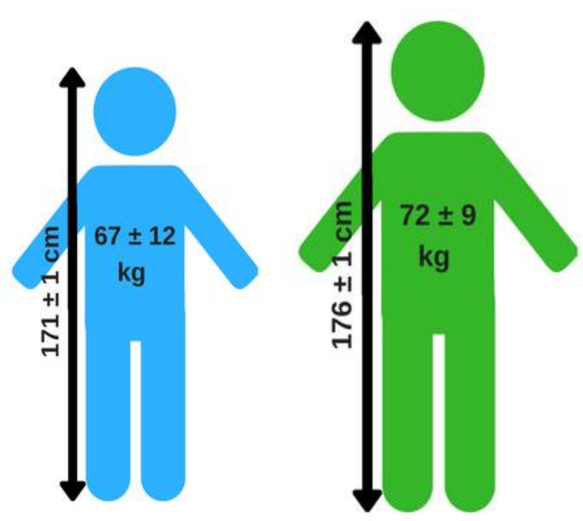


Methods

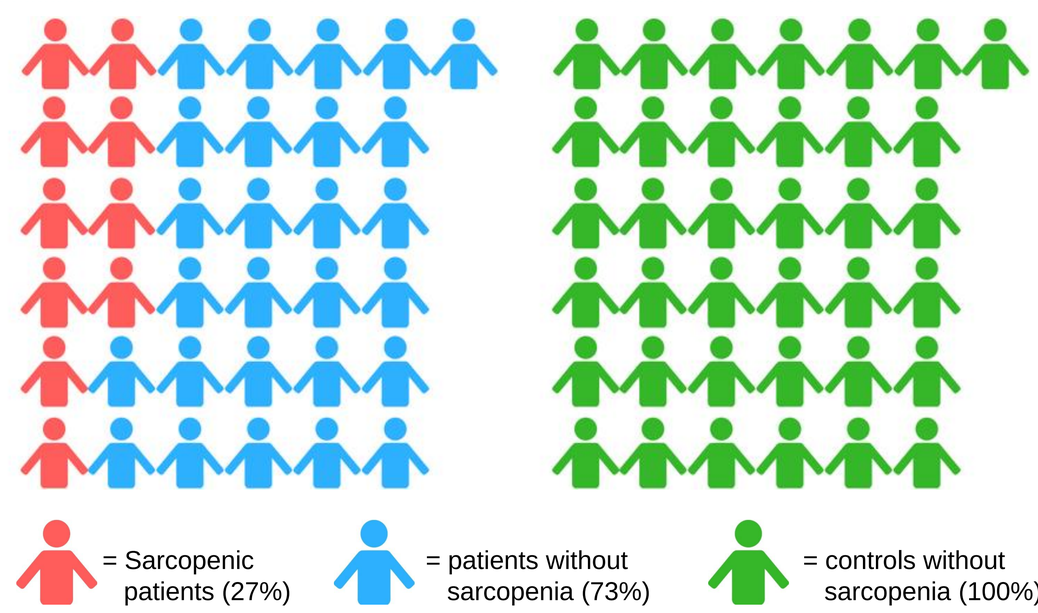
- Adult MD-patients were matched to healthy controls by gender, age and BMI
- Body Composition: DXA; ASM and SMI
- Physical functioning: Handgrip strength
- Sarcopenia ↓SMI (Cruz) and ↓ HGS (Dodds)
- Protein intake: 3-day food records
- Unpaired *t*-test and Pearson correlation

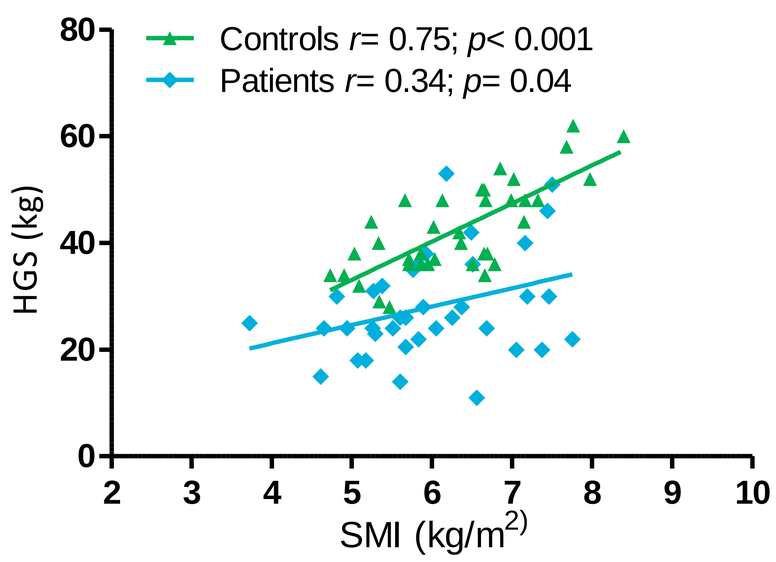
Results

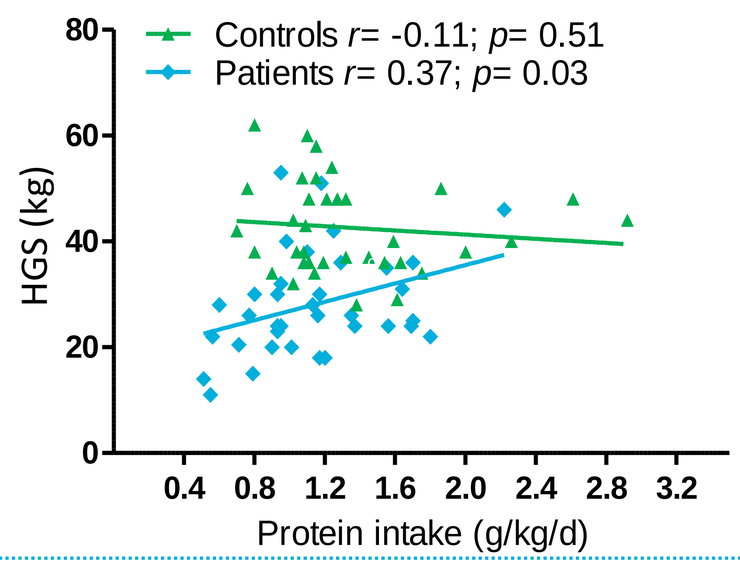
- 37 MD-patients and 37 matched controls
- 42 ± 12 years of age
- BMI: 22.8 ± 4 kg/m²
- 41% male

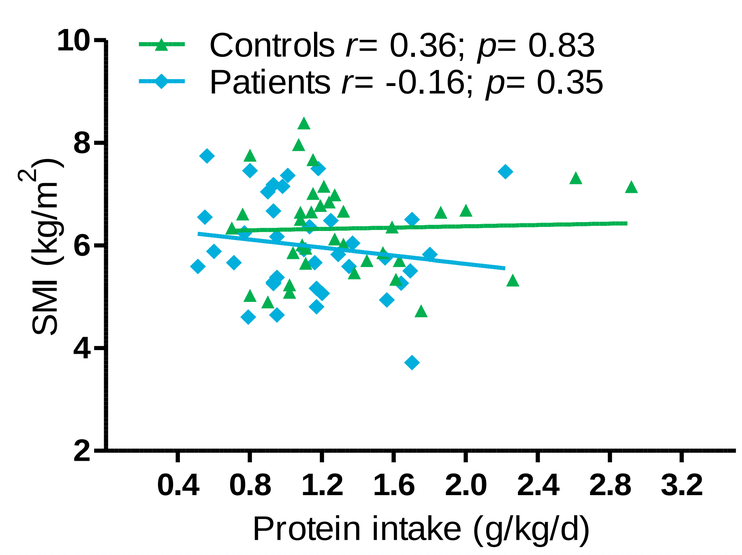


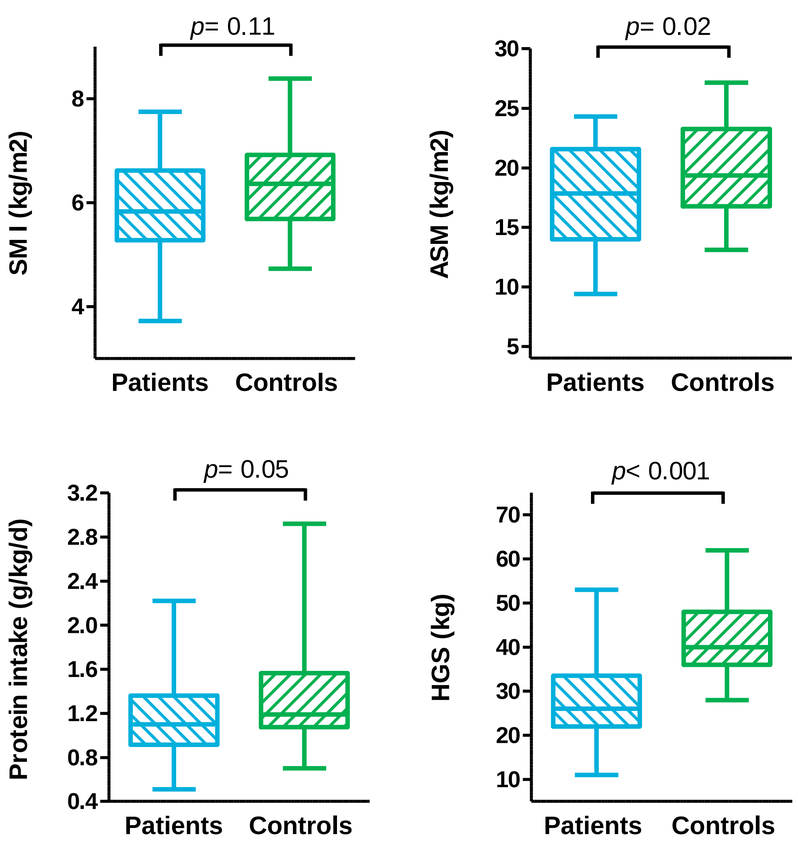
Average height and weight (mean ± SD) of **patients** and **controls**











Difference SMI, ASM, protein intake and HGS between **patients** and **controls**

Conclusion

- MD-patients have decreased physical functioning
- MD-patients have altered body composition; shorter statue, lower weight and lower ASM
- HGS is related with lower muscle mass and lower protein intake in MD-patients
- The higher prevalence of sarcopenia warrants supporting protein intake through nutritional guidance in MD-patients

MD, Mitochondrial disease; DXA, Dual energy X-ray absorptiometry; ASM, appendicular skeletal muscle mass; SMI, skeletal muscle mass index HGS, Handgrip strength

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No conflict of interest