



PARKINSON'S DISEASE NEWS

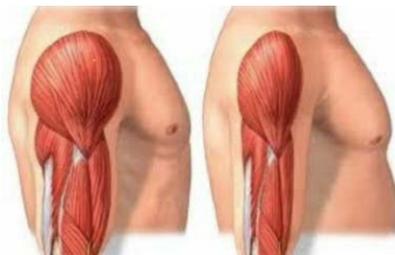
<http://www.viartis.net/parkinsons.disease/news.htm>

20th September 2018 - New research

SARCOPENIA IS INCREASED IN PARKINSON'S DISEASE

Sarcopenia is the loss of muscle mass, strength and function related to ageing. Sarcopenia and frailty are found in up to one-third of the general elderly population. Both are associated with major adverse health outcomes such as nursing home placement, disability, decreased quality of life. For more information go to : <https://www.iofbonehealth.org/what-sarcopenia>

In people who have Parkinson's Disease who were in care the prevalence of sarcopenia was found to be much higher, as it was 55% and only 8% in people who did not have Parkinson's Disease. Frailty was detected in 35% of people with Parkinson's Disease.



In those people with Parkinson's Disease who were not in care, 33% had sarcopenia and 22% had frailty. Both sarcopenia and frailty were significantly associated with longer disease duration of Parkinson's Disease, higher motor impairment, higher Hoehn and Yahr stages, decreased quality of life, higher frequency of falls, a higher non-motor symptom burden, institutionalization, and higher care levels.

Regular exercise, or dietary changes and an increase in the intake of high protein foods, or the use of certain drugs can reverse sarcopenia or help to prevent sarcopenia from occurring. For more information go to : <https://onlinelibrary.wiley.com/doi/full/10.1111/ggi.13322>

Reference : Gerontology [2018] Sep 10 [Epub ahead of print] (M.Peball, P.Mahlknecht, M. Werkmann, K.Marini, F.Murr, H.Herzmann, H.Stockner, R.de Marzi, B.Heim, A. Djamshidian, P.Willeit, J.Willeit, S.Kiechl, D.Valent, F.Krismer, G.K.Wenning, M.Nocker, K.Mair, W.Poewe, K.Seppi)

Complete abstract : <http://www.ncbi.nlm.nih.gov/pubmed/30199864>

<http://www.viartis.net/parkinsons.disease/news/180920.pdf>

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