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ABSTRACT BOOK



SARCOPENIA AND HAND GRIP STRENGTH IN ELDERLY HEMODIALYSIS PATIENTS

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ABSTRACT

The increasing elderly population around the world brings with it various problems. Sarcopenia is defined as a progressive and generalized skeletal muscle disorder that occurs as a progressive age-related process and includes accelerated loss of muscle mass and function. It is frequently seen in elderly individuals. Many conditions such as age, physical inactivity, endocrinological changes, nutritional status, impaired immune response, chronic diseases and chronic drug use lead to the development of sarcopenia. Muscle wasting is a common outcome in patients undergoing hemodialysis. Metabolic acidosis, chronic inflammation, insulin resistance, vitamin D deficiency, loss of appetite, low dietary phosphate intake, amino acid losses due to dialysis, increased protein catabolism, intestinal dysbiosis, etc. Many factors affect muscle loss. Studies; shows that sarcopenia and especially low muscle strength are associated with decreased quality of life, increased hospitalization rate, mortality and poor clinical outcomes. In hemodialysis patients, the formation of sarcopenia should be prevented and the poor clinical results due to sarcopenia should be prevented and its progression should be prevented. Nutrition plays an important role in the treatment process of the disease. In these patients, adequate amounts of energy, protein, vitamins and minerals should be taken to prevent tissue destruction, maintain positive nitrogen balance and prevent the development of protein energy malnutrition. Adequate energy intake is very important for the effective use of dietary protein. Guidelines recommend the use of oral nutritional supplements, intra-dialytic parenteral nutrition, enteral nutrition and total parenteral nutrition when necessary to ensure adequate energy and protein intake.During the routine controls of the patients, screening for sarcopenia, determining the nutritional status and making the necessary corrections, correcting the physical activity habits, providing the necessary medical and nutritional support recommendations for treatment; decrease in mortality, prevention of morbidities and increase in quality of life can be achieved.

Keywords: Elderly hemodialysis patients, sarcopenia, hand grip strength.