



67° CONGRESSO NAZIONALE
SIGGG

LA LONGEVITÀ DECLINATA AL FEMMINILE

Francesco LANDI

La circonferenza del polpaccio: screening per la sarcopenia



SOCIETÀ ITALIANA
DI GERONTOLOGIA
E GERIATRIA

Roma, 30 novembre - 3 dicembre 2022
UNIVERSITÀ CATTOLICA DEL SACRO CUORE



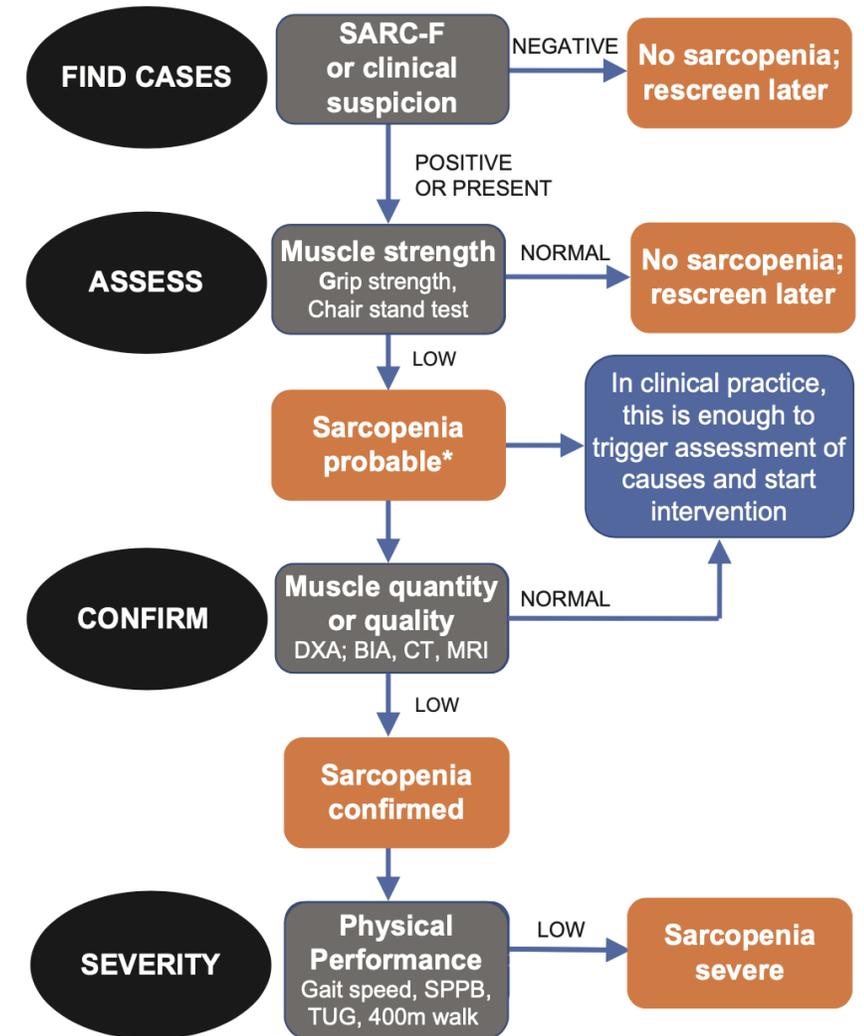
Age and Ageing 2018; 0: 1–16
doi: 10.1093/ageing/afy169

© The Author(s) 2018. Published by Oxford University Press on behalf of the British Geriatrics Society. This is an Open Access article distributed under the terms of the Creative Commons Attribution Non-Commercial License (<http://creativecommons.org/licenses/by-nc/4.0/>), which permits non-commercial re-use, distribution, and reproduction in any medium, provided the original work is properly cited. For commercial re-use, please contact journals.permissions@oup.com

GUIDELINES

Sarcopenia: revised European consensus on definition and diagnosis

ALFONSO J. CRUZ-JENTOFT¹, GÜLISTAN BAHAT², JÜRGEN BAUER³, YVES BOIRIE⁴, OLIVIER BRUYÈRE⁵, TOMMY CEDERHOLM⁶, CYRUS COOPER⁷, FRANCESCO LANDI⁸, YVES ROLLAND⁹, AVAN AIHIE SAYER¹⁰, STÉPHANE M. SCHNEIDER¹¹, CORNEL C. SIEBER¹², EVA TOPINKOVA¹³, MAURITS VANDEWOUDE¹⁴, MARJOLEIN VISSER¹⁵, MAURO ZAMBONI¹⁶, WRITING GROUP FOR THE EUROPEAN WORKING GROUP ON SARCOPEINIA IN OLDER PEOPLE 2 (EWGSOP2), AND THE EXTENDED GROUP FOR EWGSOP2





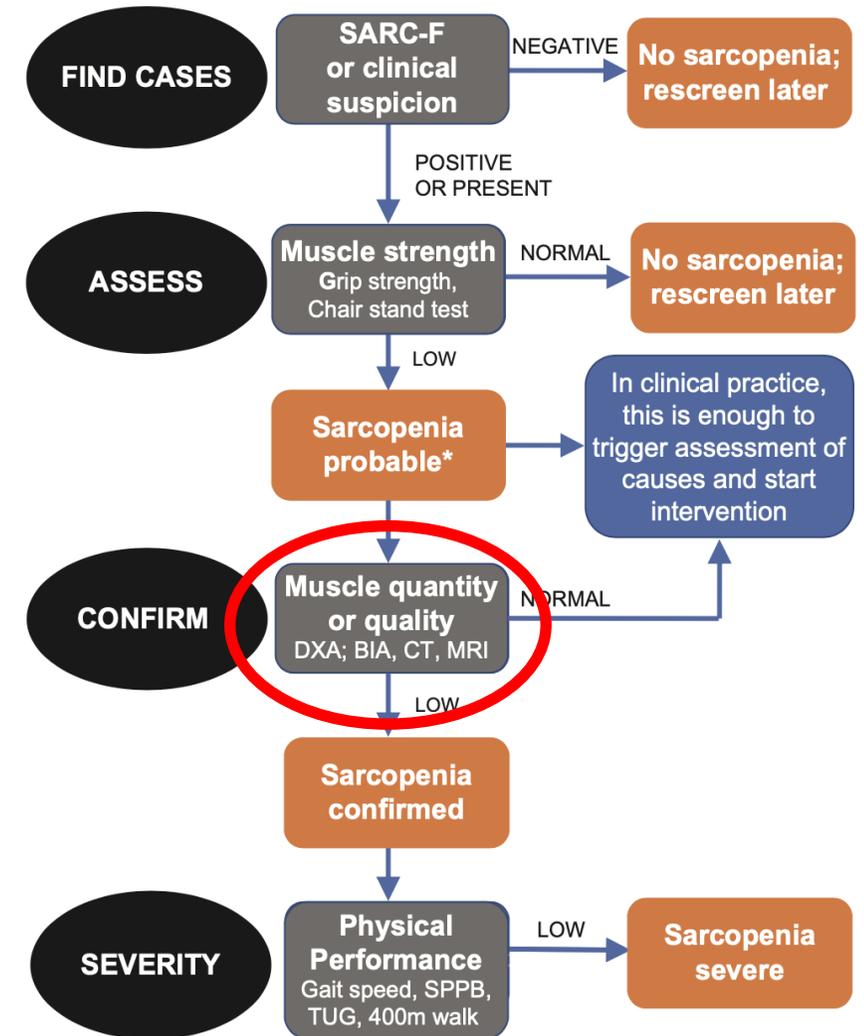
Age and Ageing 2018; 0: 1–16
doi: 10.1093/ageing/afy169

© The Author(s) 2018. Published by Oxford University Press on behalf of the British Geriatrics Society. This is an Open Access article distributed under the terms of the Creative Commons Attribution Non-Commercial License (<http://creativecommons.org/licenses/by-nc/4.0/>), which permits non-commercial re-use, distribution, and reproduction in any medium, provided the original work is properly cited. For commercial re-use, please contact journals.permissions@oup.com

GUIDELINES

Sarcopenia: revised European consensus on definition and diagnosis

ALFONSO J. CRUZ-JENTOFF¹, GÜLISTAN BAHAT², JÜRGEN BAUER³, YVES BOIRIE⁴, OLIVIER BRUYÈRE⁵, TOMMY CEDERHOLM⁶, CYRUS COOPER⁷, FRANCESCO LANDI⁸, YVES ROLLAND⁹, AVAN AIHIE SAYER¹⁰, STÉPHANE M. SCHNEIDER¹¹, CORNEL C. SIEBER¹², EVA TOPINKOVA¹³, MAURITS VANDEWOUDE¹⁴, MARJOLEIN VISSER¹⁵, MAURO ZAMBONI¹⁶, WRITING GROUP FOR THE EUROPEAN WORKING GROUP ON SARCOPENIA IN OLDER PEOPLE 2 (EWGSOP2), AND THE EXTENDED GROUP FOR EWGSOP2





Editorial

ESPEN expert statements and practical guidance for nutritional management of individuals with SARS-CoV-2 infection

Table 1

Phenotypic and etiologic criteria for the diagnosis of malnutrition, adapted from [9].

Phenotypic Criteria		Etiologic Criteria	
Weight loss (%)	>5% within past 6 months or >10% beyond 6 months	Reduced food intake or assimilation ^b	50% of ER > 1 week, or any reduction for >2 weeks, or any chronic GI condition that adversely impacts food assimilation or absorption
Low body mass index (kg/m ²)	<20 if < 70 years, or <22 if >70 years Asia: <18.5 if < 70 years, or <20 if >70 years	Inflammation ^c	Acute disease/injured, or chronic disease-related
Reduced muscle mass	Reduced by validated body composition measuring techniques ^a		



Editorial

ESPEN expert statements and practical guidance for nutritional management of individuals with SARS-CoV-2 infection

Table 1

Phenotypic and etiologic criteria for the diagnosis of malnutrition, adapted from [9].

Phenotypic Criteria		Etiologic Criteria	
Weight loss (%)	>5% within past 6 months or >10% beyond 6 months	Reduced food intake or assimilation ^b	50% of ER > 1 week, or any reduction for >2 weeks, or any chronic GI condition that adversely impacts food assimilation or absorption
Low body mass index (kg/m ²)	<20 if < 70 years, or <22 if >70 years Asia: <18.5 if < 70 years, or <20 if >70 years	Inflammation ^c	Acute disease/injured, or chronic disease-related
Reduced muscle mass	Reduced by validated body composition measuring techniques ^a		





Clinical Nutrition 41 (2022) 2244–2263

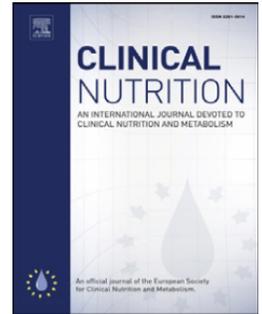
Contents lists available at [ScienceDirect](#)

Clinical Nutrition

journal homepage: <http://www.elsevier.com/locate/clnu>



ELSEVIER

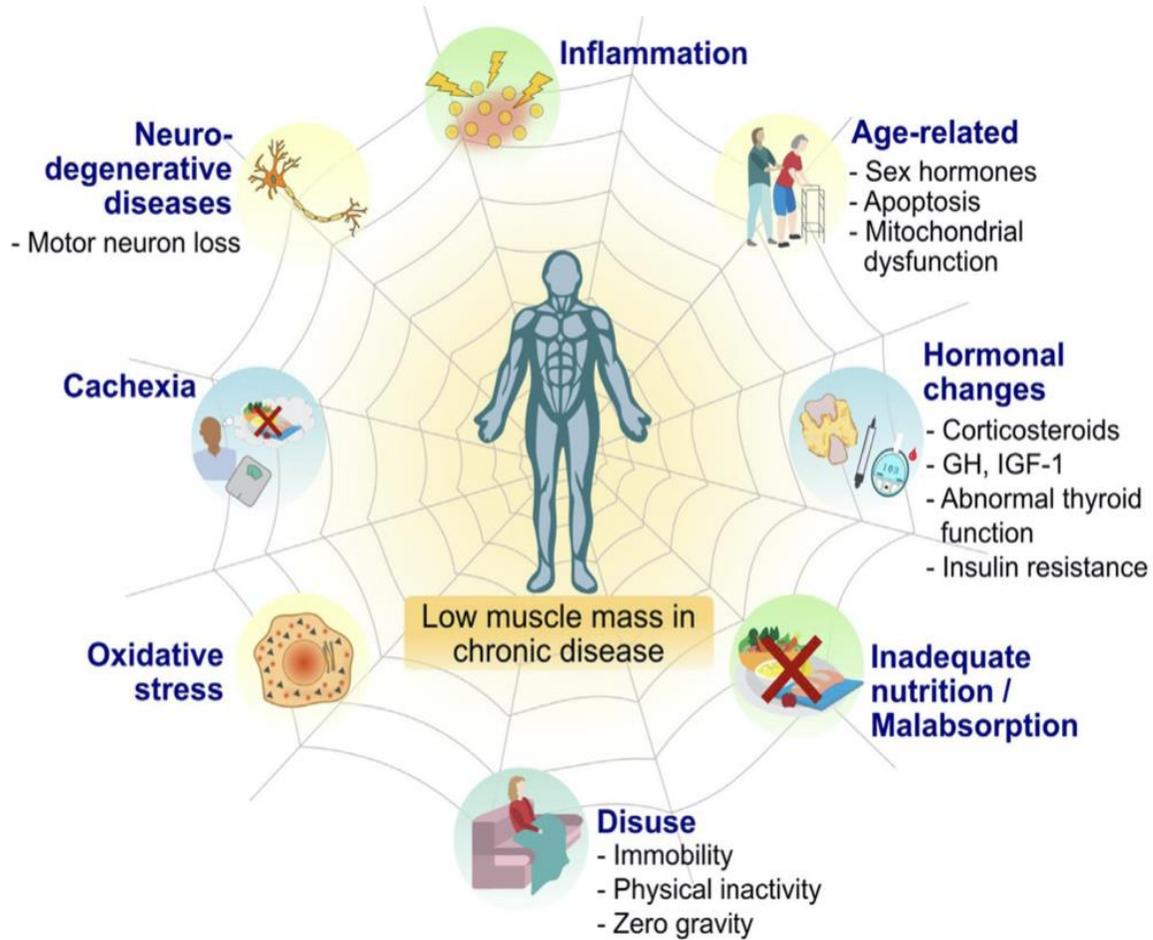


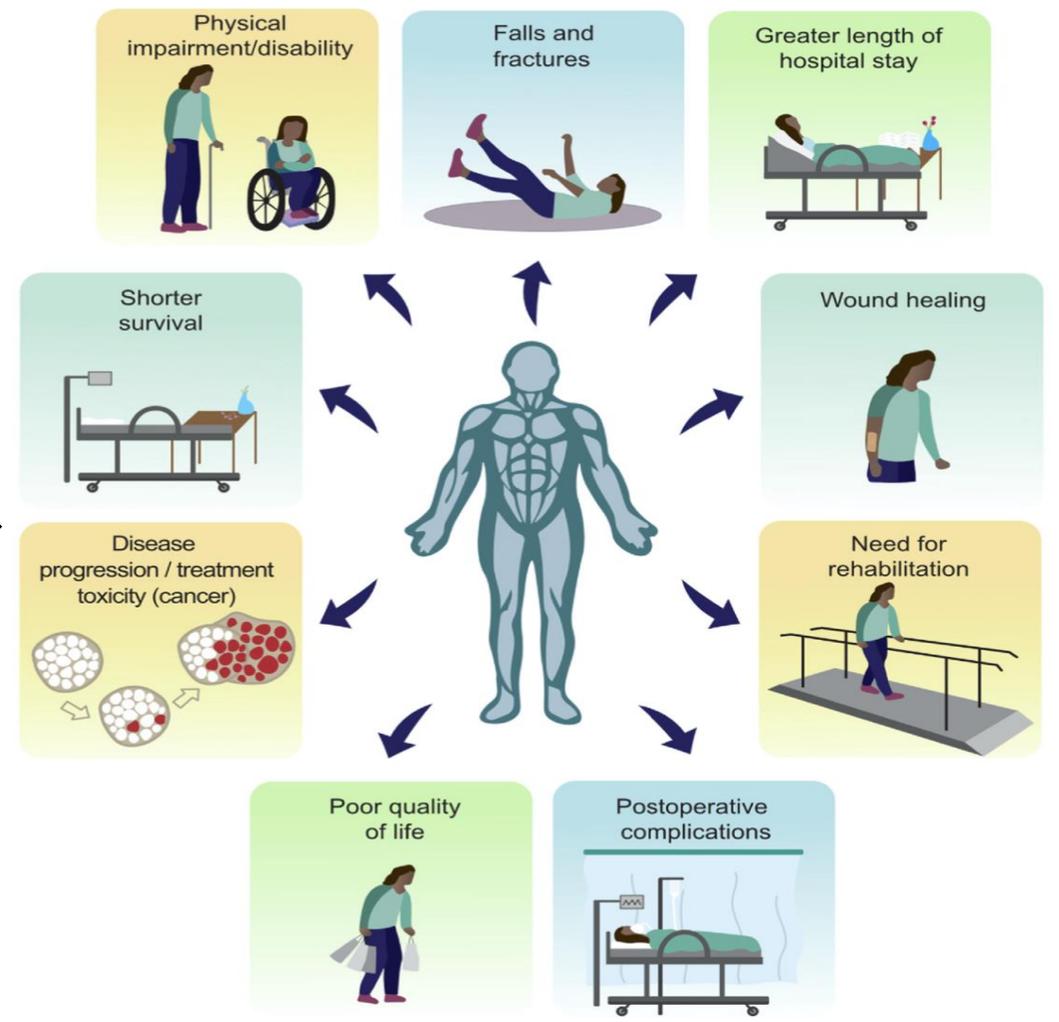
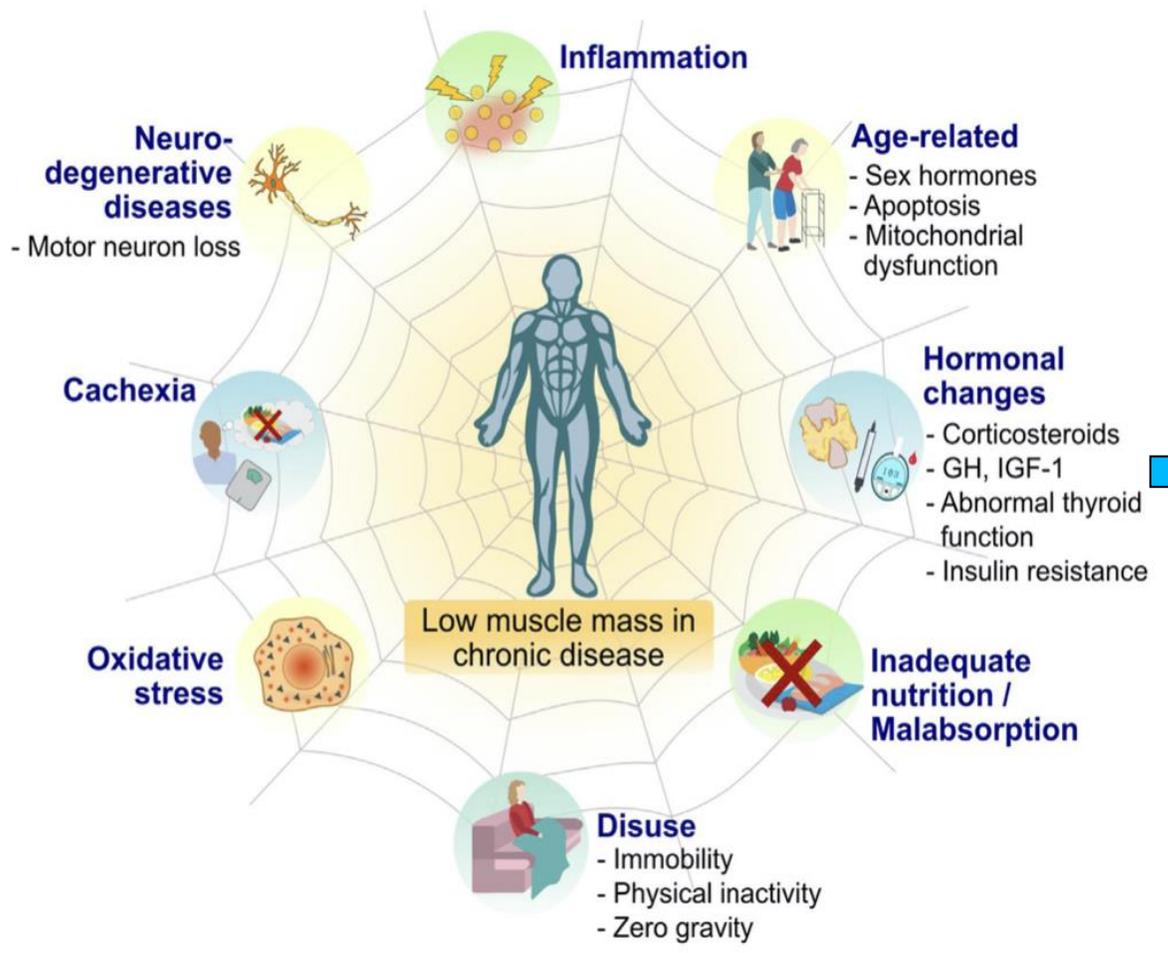
Narrative Review

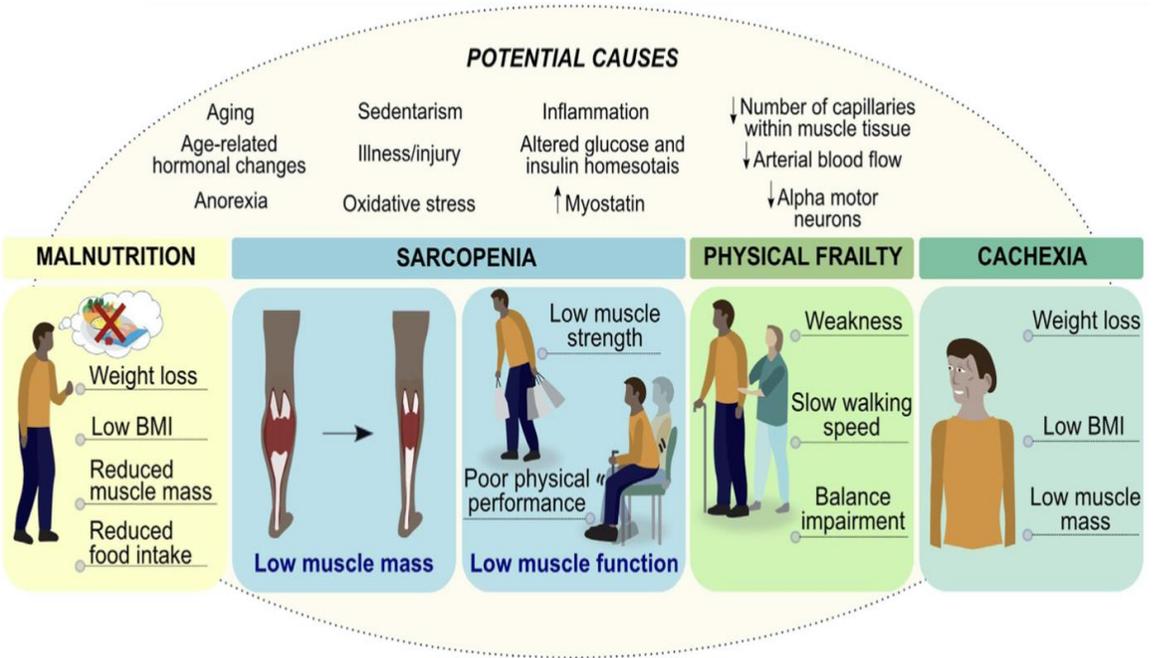
Advances in muscle health and nutrition: A toolkit for healthcare professionals

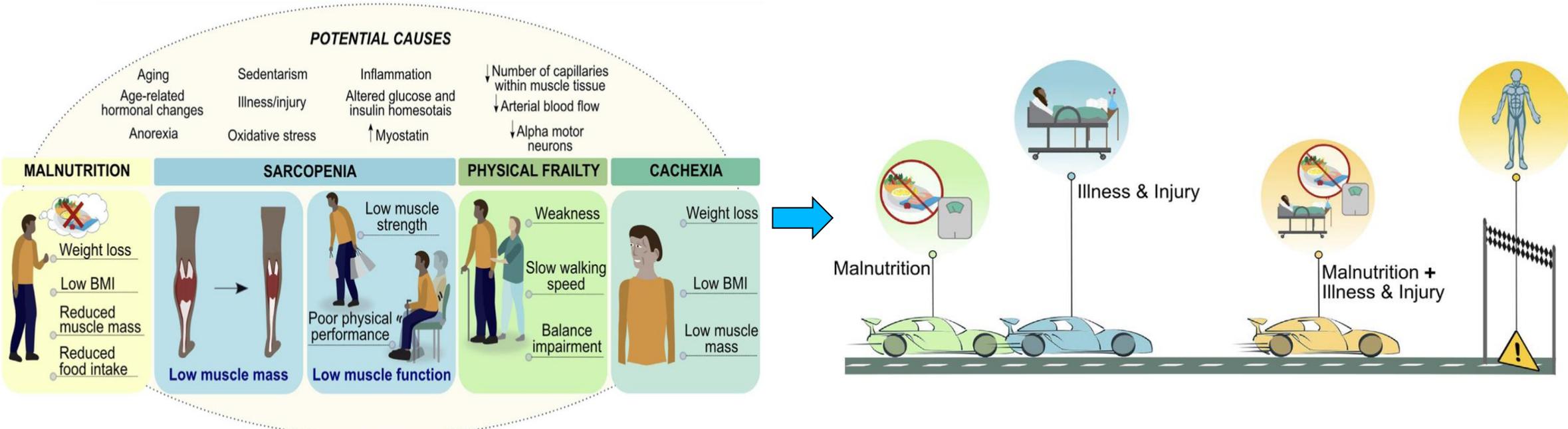
Carla M. Prado ^{a,*}, Francesco Landi ^b, Samuel T.H. Chew ^c, Philip J. Atherton ^d,
Jeroen Molinger ^{e,f}, Tobias Ruck ^g, Maria Cristina Gonzalez ^h





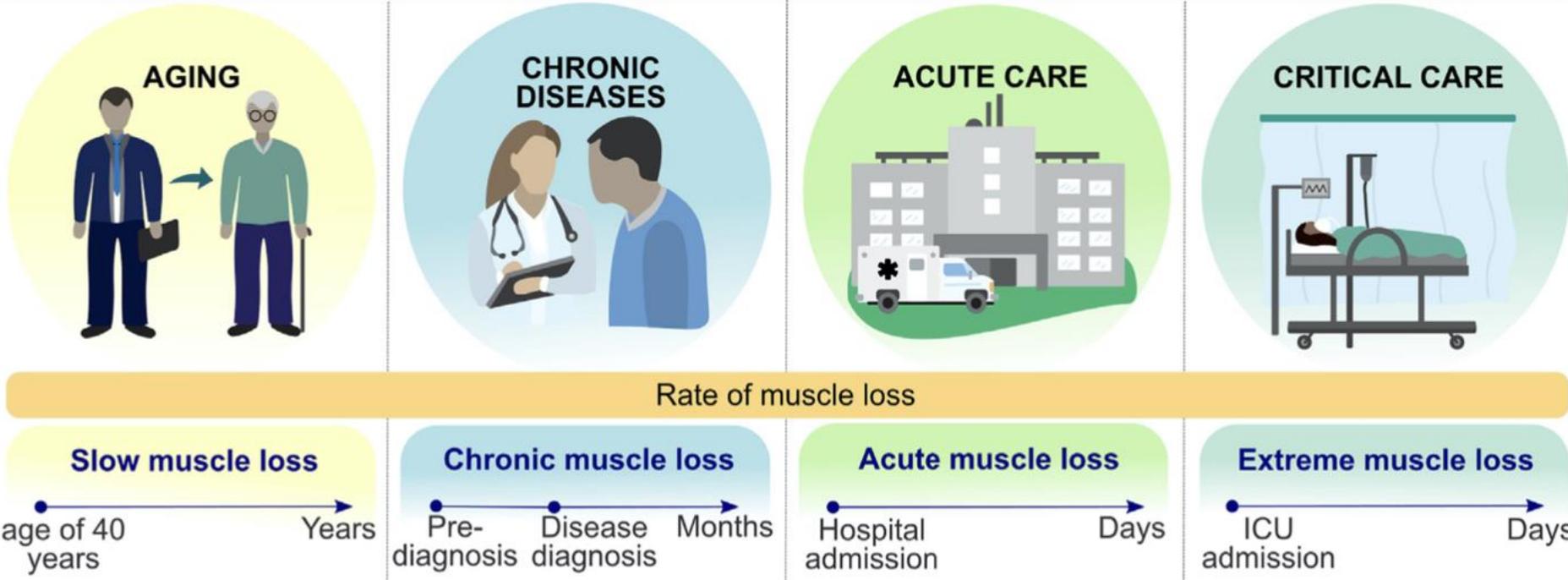


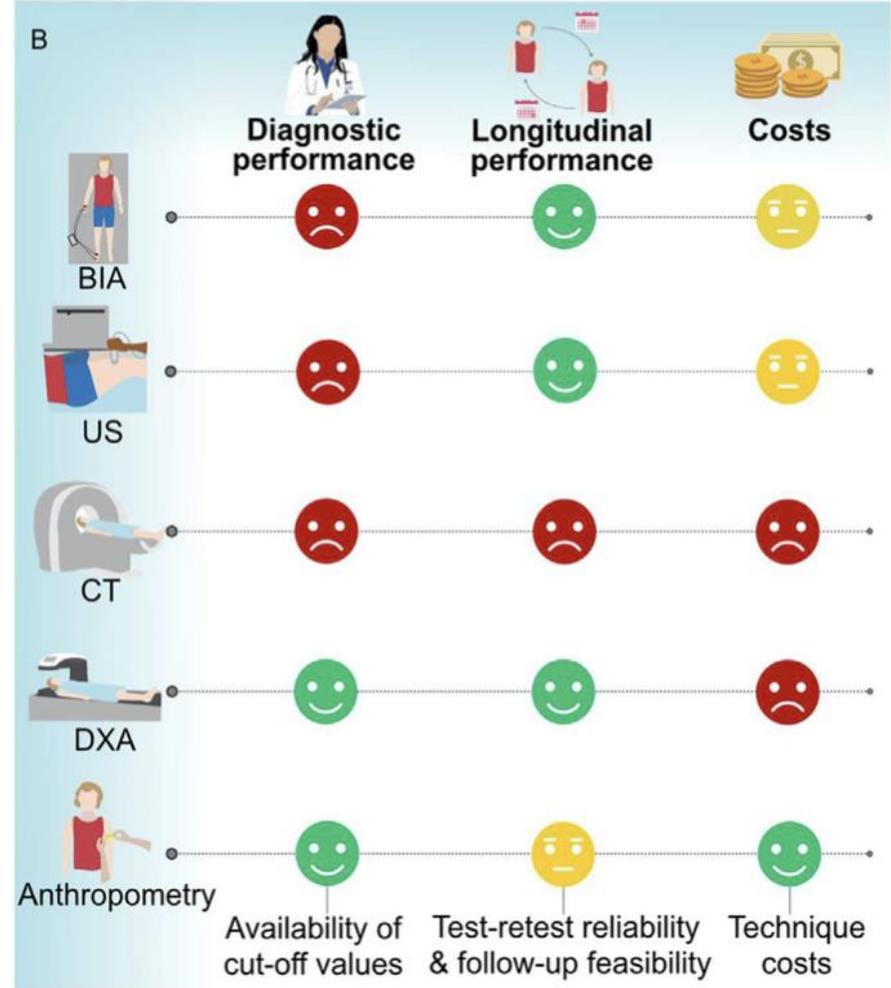
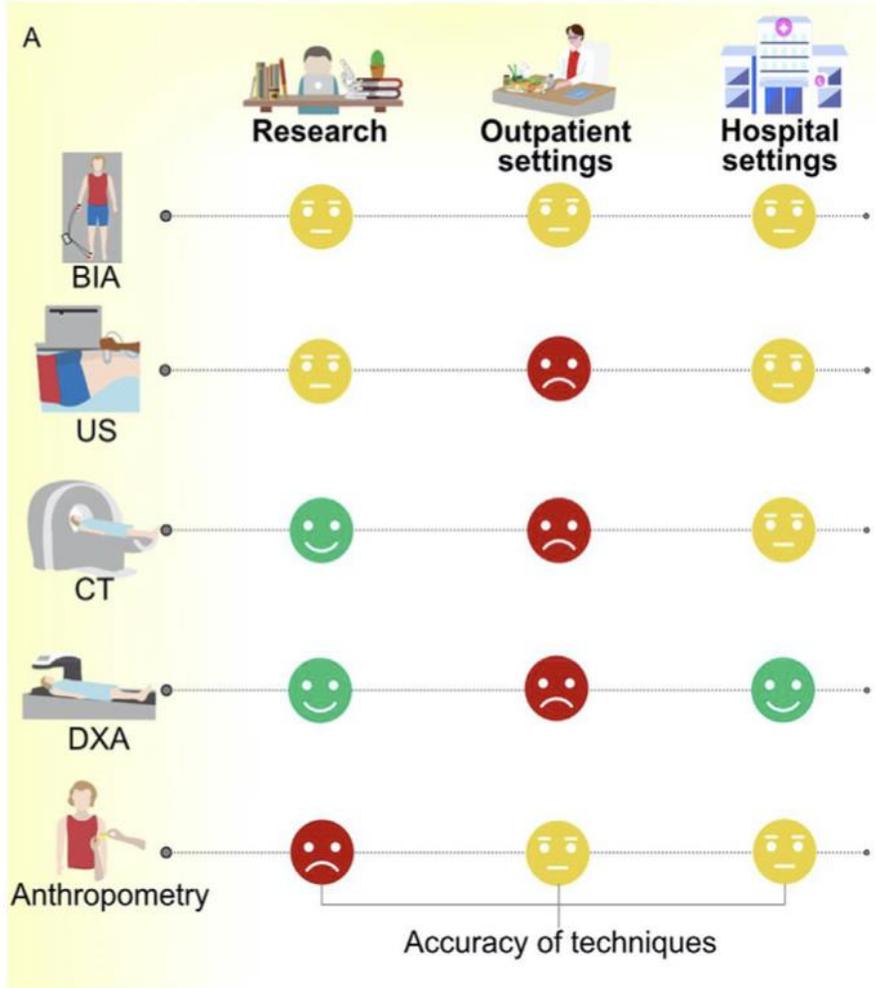






Populations at risk of muscle loss

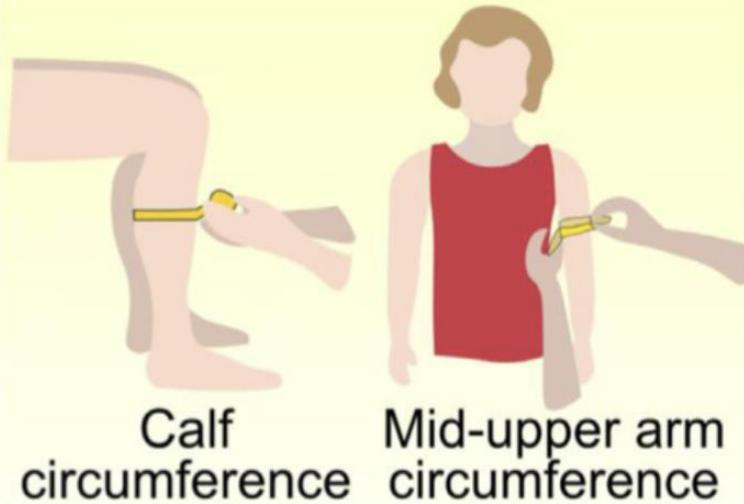




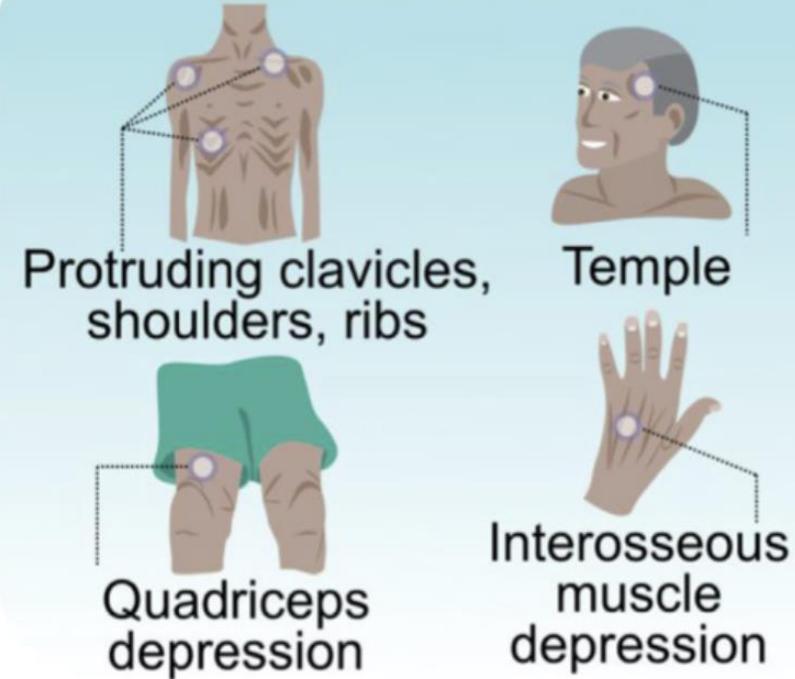


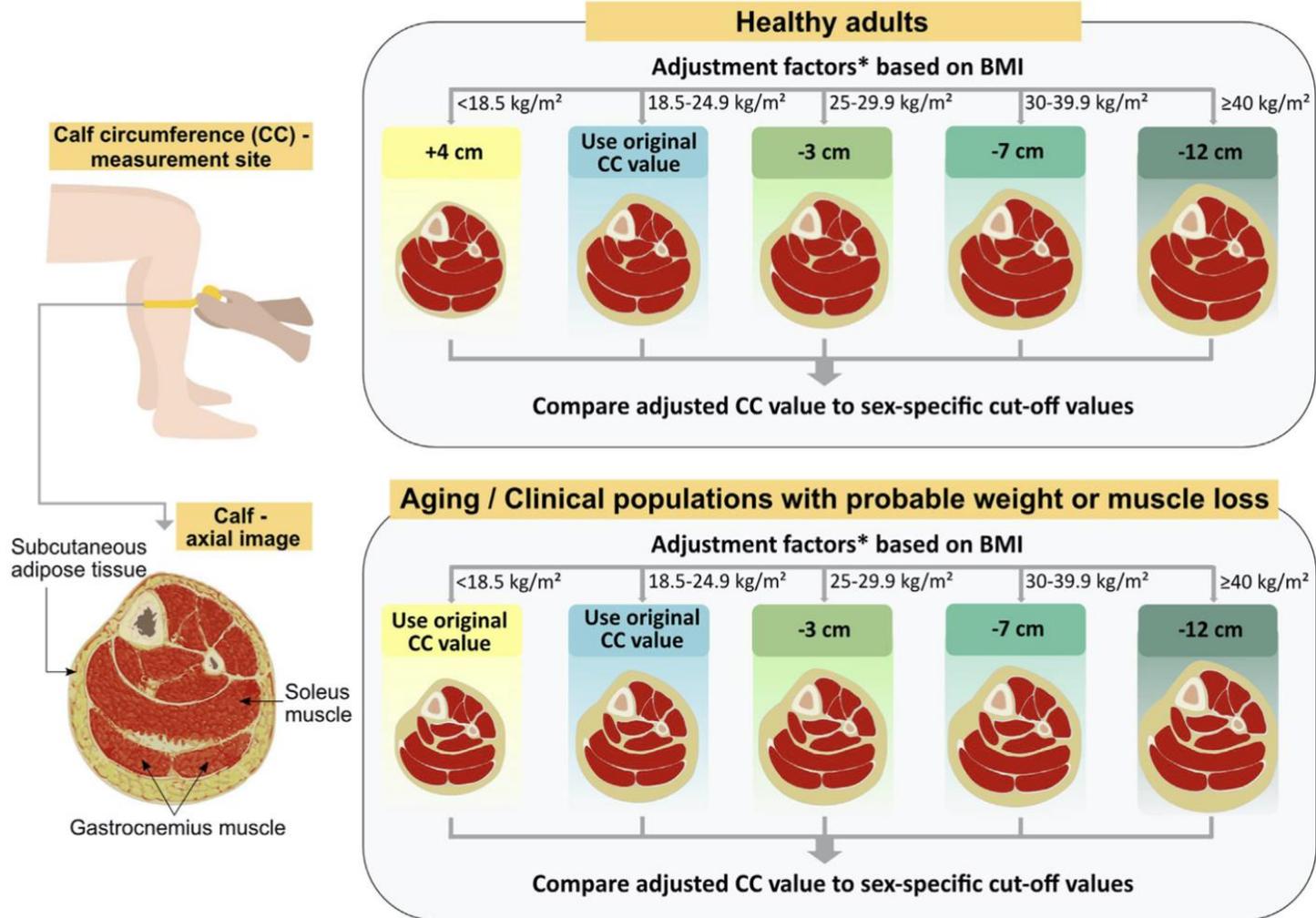
SURROGATE APPROACHES for **MUSCLE MASS ASSESSMENT**

ANTHROPOMETRY



PHYSICAL EXAMINATION







Experimental Gerontology 102 (2018) 76–80

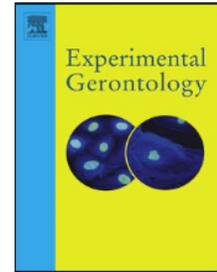


ELSEVIER

Contents lists available at [ScienceDirect](#)

Experimental Gerontology

journal homepage: www.elsevier.com/locate/expgero



Short report

Age-related changes of skeletal muscle mass and strength among Italian and Taiwanese older people: Results from the Milan EXPO 2015 survey and the I-Lan Longitudinal Aging Study

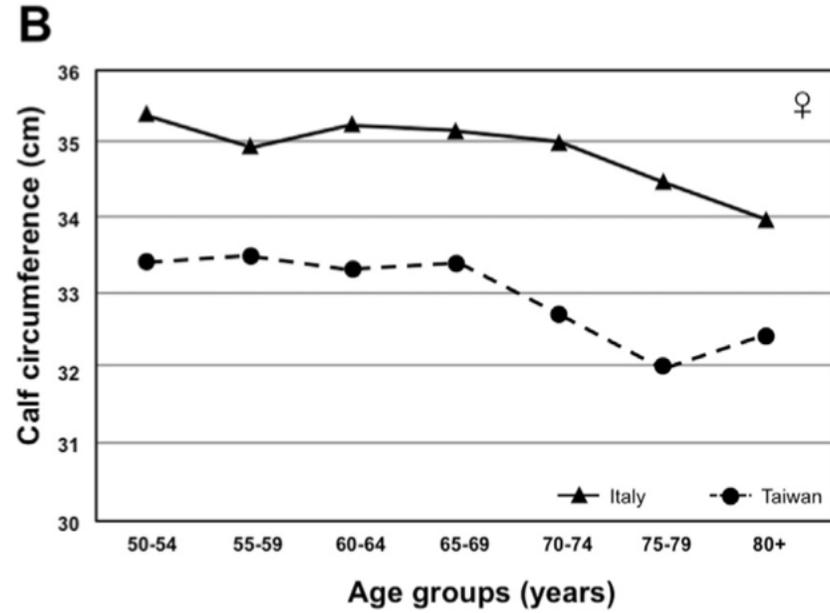
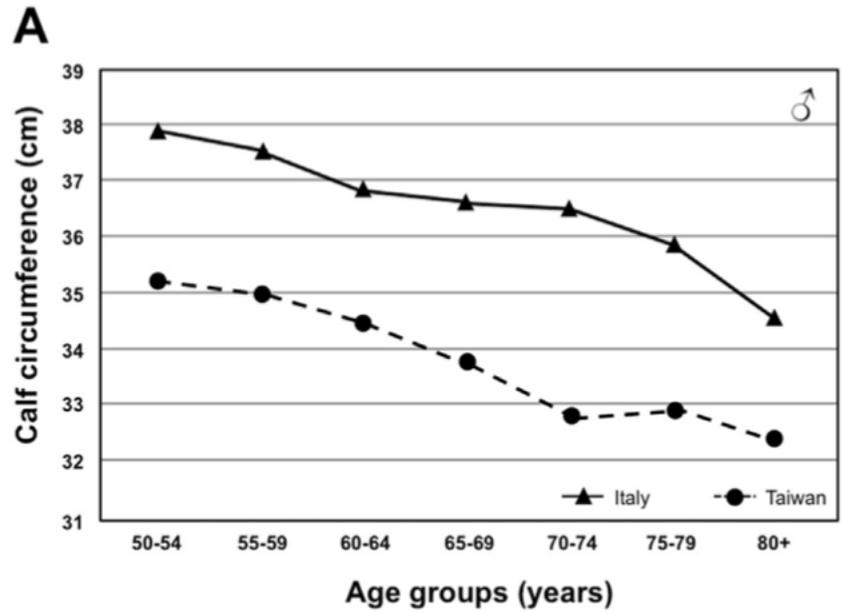
Emanuele Marzetti^{a,1}, An-Chun Hwang^{b,c,1}, Matteo Tosato^a, Li-Ning Peng^{b,c}, Riccardo Calvani^a, Anna Picca^{a,*}, Liang-Kung Chen^{b,c,1}, Francesco Landi^{a,1}

^a Department of Geriatrics, Neurosciences and Orthopedics, Teaching Hospital "Agostino Gemelli", Catholic University of the Sacred Heart, Rome, Italy

^b Aging and Health Research Center, National Yang Ming University, Taipei, Taiwan

^c Center for Geriatrics and Gerontology, Taipei Veterans General Hospital, Taipei, Taiwan







Experimental Gerontology 169 (2022) 111958

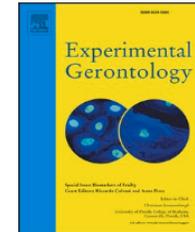


ELSEVIER

Contents lists available at [ScienceDirect](https://www.sciencedirect.com)

Experimental Gerontology

journal homepage: www.elsevier.com/locate/expgero



Estimated appendicular skeletal muscle mass using calf circumference and mortality: Results from the aging and longevity study in the Sirente geographic area (*ilSIRENTE* study)

Francesco Landi^{*}, Riccardo Calvani, Hélio José Coelho-Junior, Francesca Ciciarello, Vincenzo Galluzzo, Beatrice Zazzara, Anna Maria Martone, Anna Picca, Emanuele Marzetti, Matteo Tosato

Fondazione Policlinico Universitario "Agostino Gemelli" IRCCS, 00168 Rome, Italy

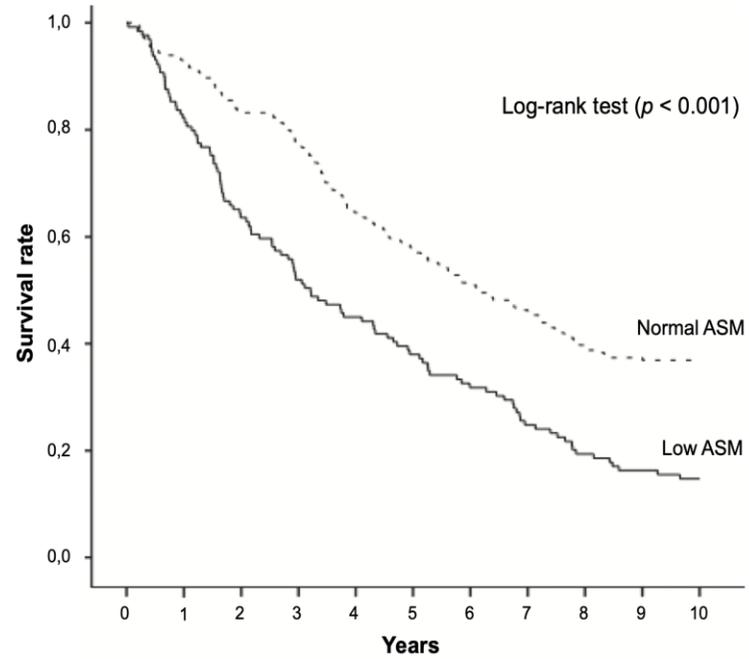


According to the COCONUT study group the ASM was calculated using the following equation (where man = 1 and woman = 0):

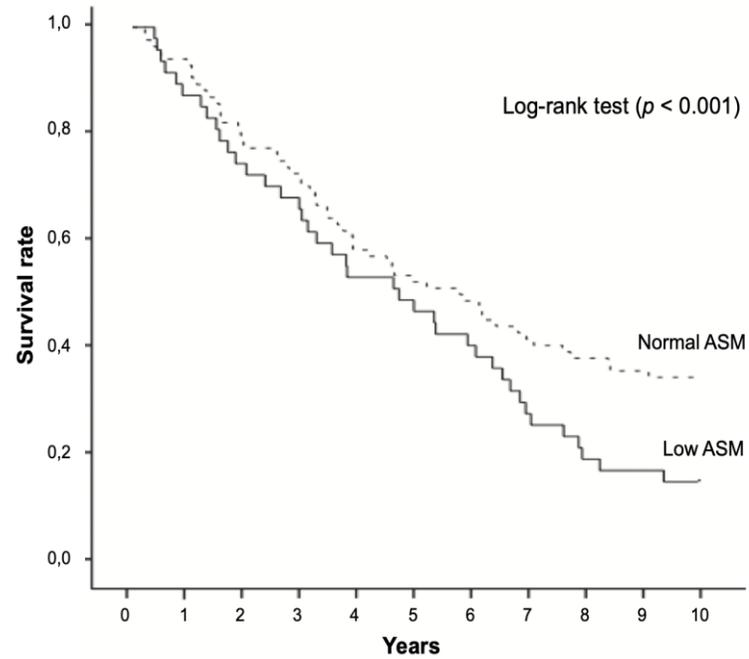
$$\text{ASM (kg)} = - 10.427 + (\text{calf circumference} \times 0.768) - (\text{age} \times 0.029) + (\text{sex} \times 7.523)$$



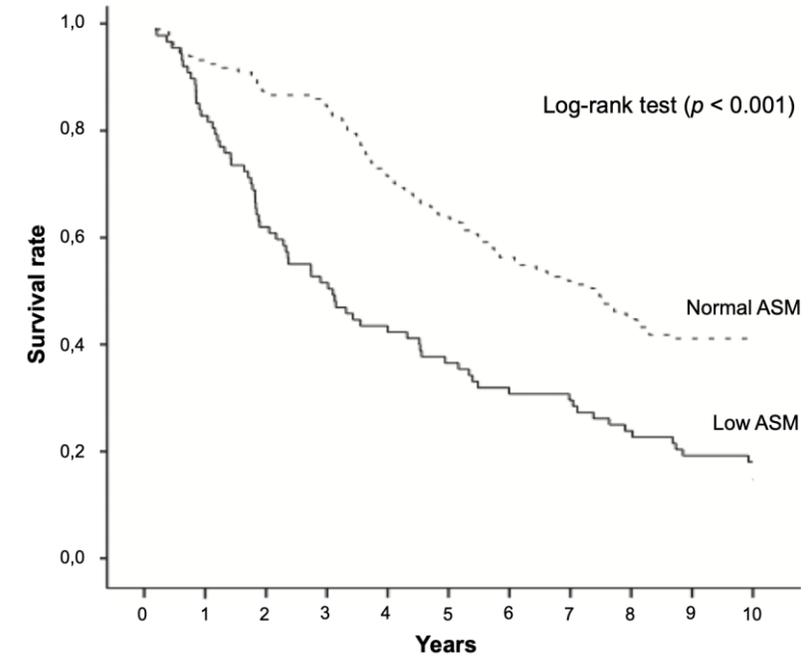
All sample



Male



Female





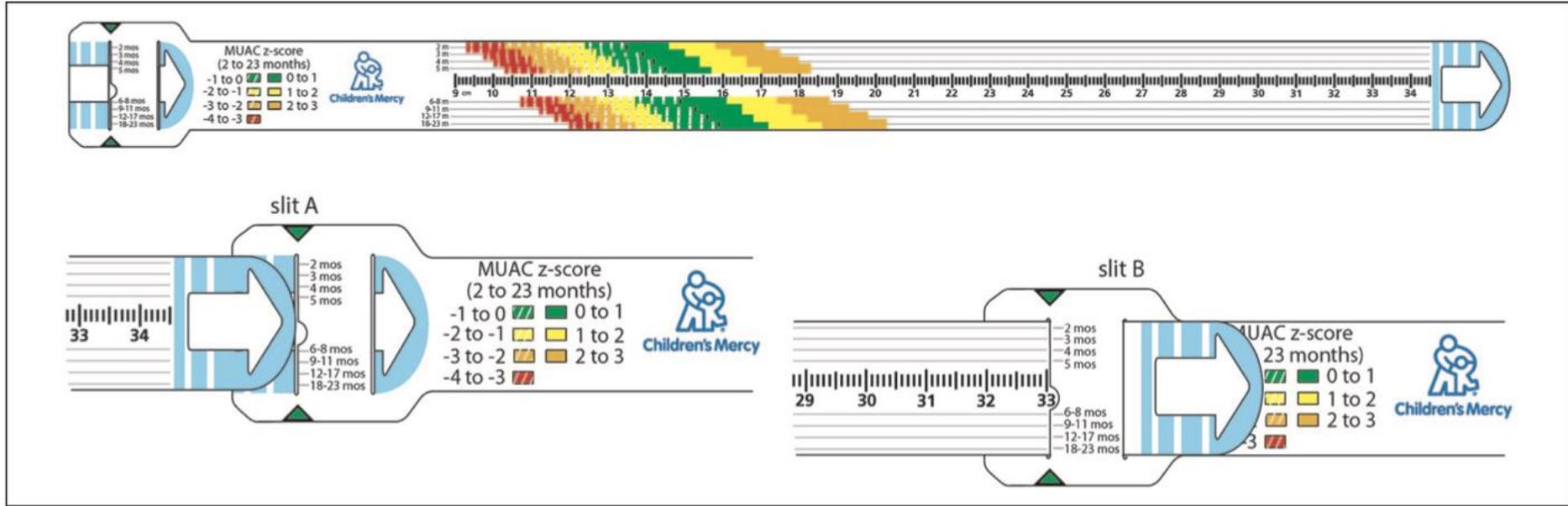
Original Article

User-Informed Medical Device Development: A Case Study for Pediatric Malnutrition Assessment

**Kristi Thaete, MS¹, Kasey Rowzer, MS¹, Karen Stephens, MS¹,
and Susan M. Abdel-Rahman, PharmD^{1,2} **

Global Pediatric Health
Volume 6: 1–7
© The Author(s) 2019
Article reuse guidelines:
sagepub.com/journals-permissions
DOI: 10.1177/2333794X19861575
journals.sagepub.com/home/gph







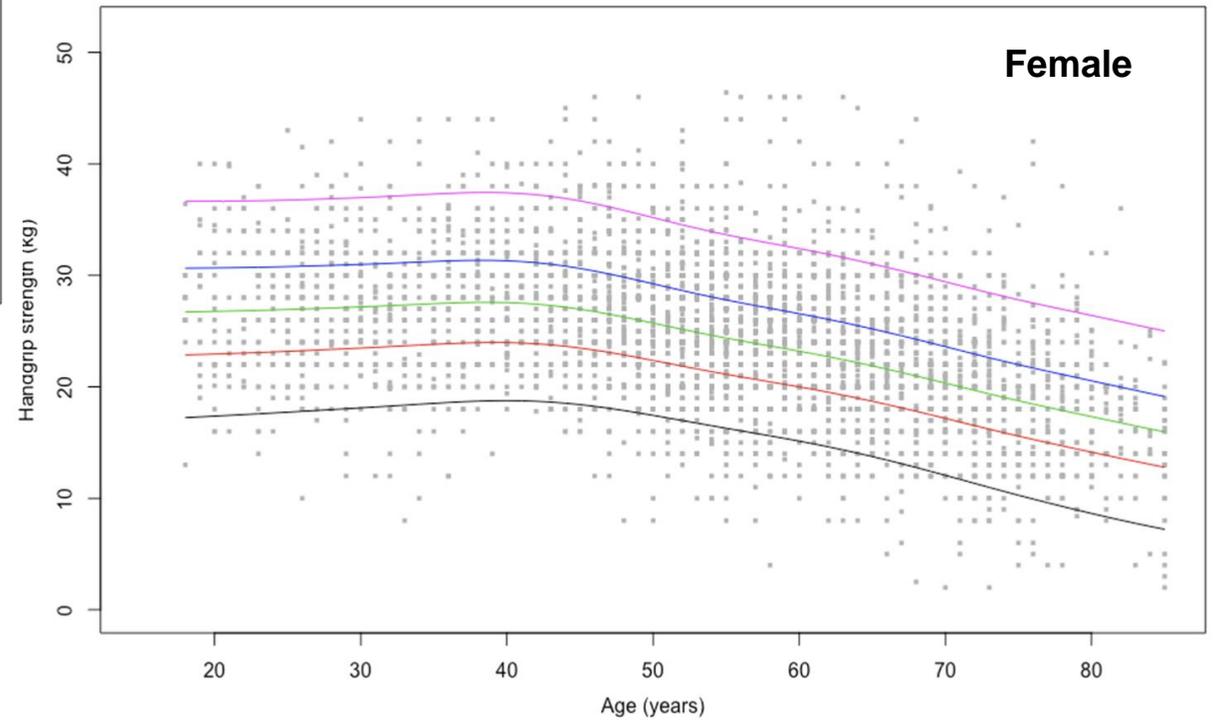
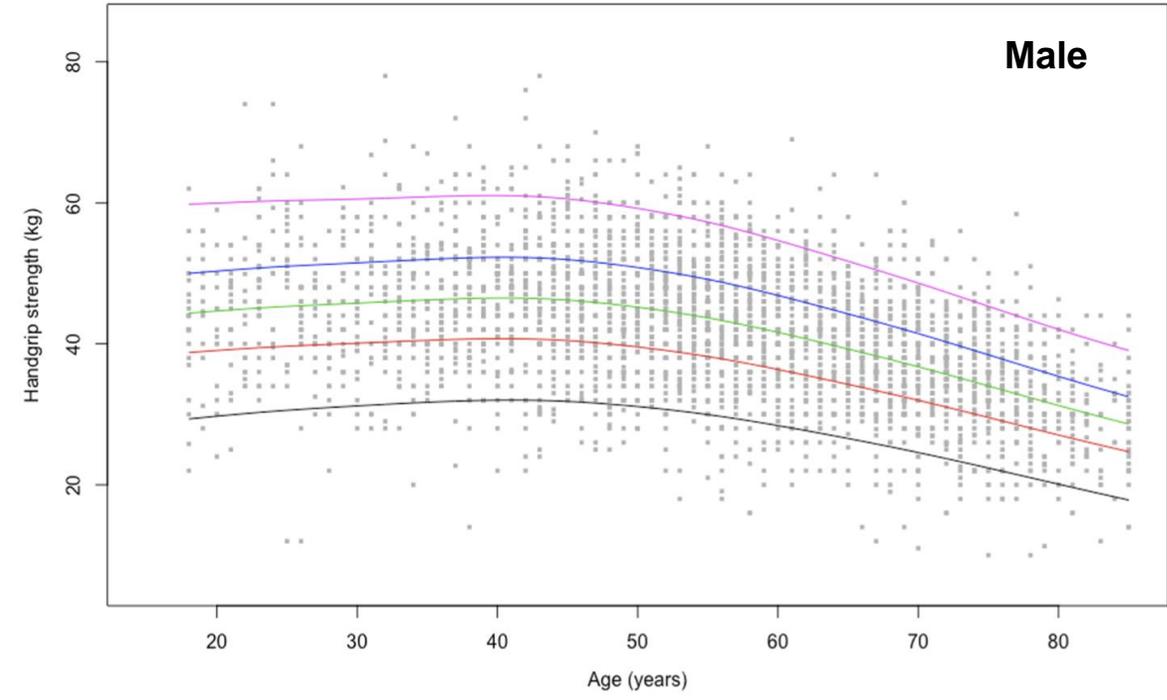
Journal of Cachexia, Sarcopenia and Muscle (2020)

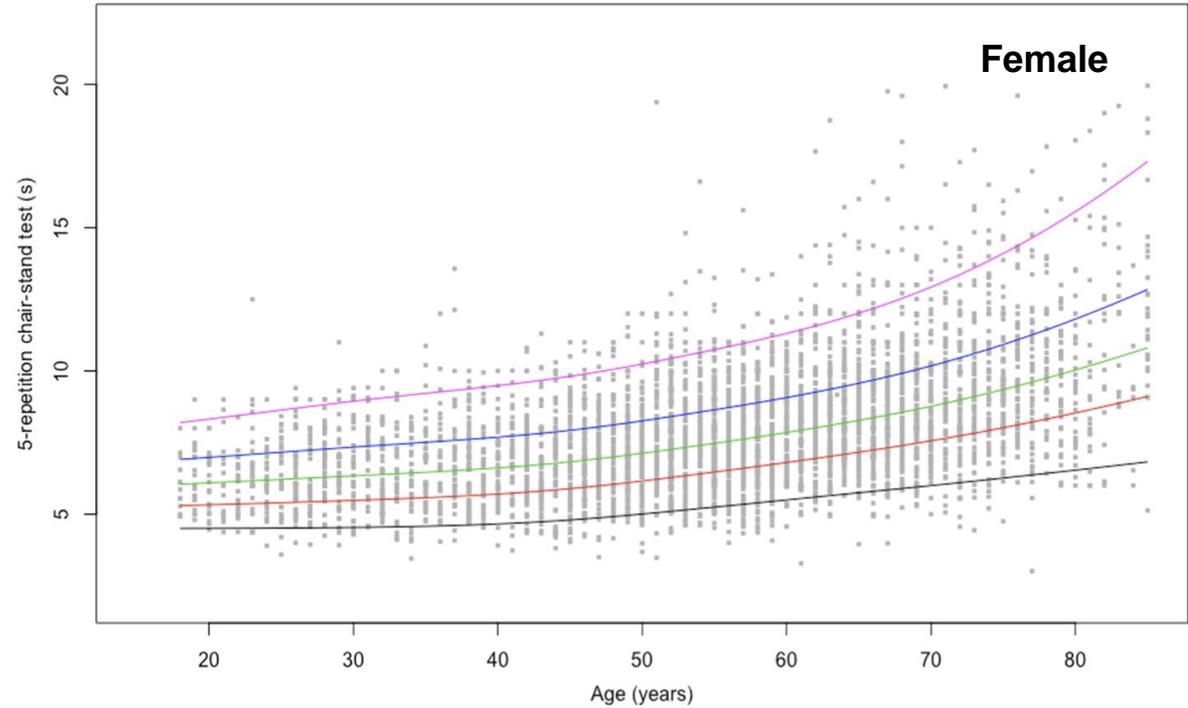
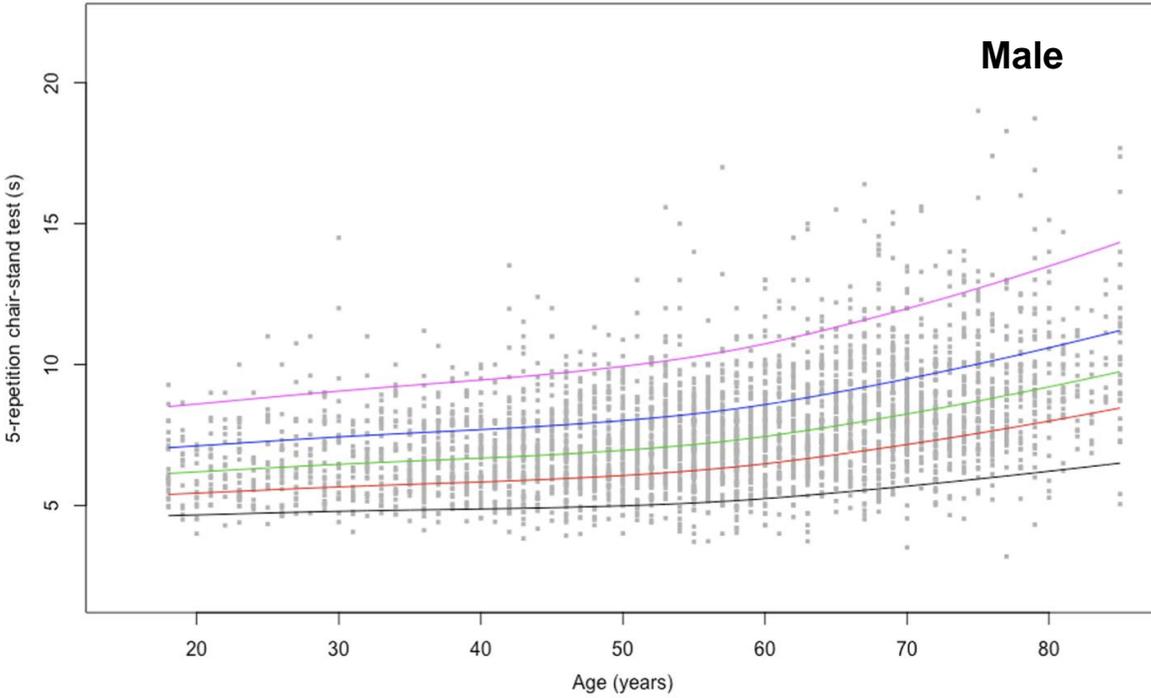
Published online in Wiley Online Library (wileyonlinelibrary.com) DOI: 10.1002/jcsm.12610

Normative values of muscle strength across ages in a 'real world' population: results from the longevity check-up 7+ project

Francesco Landi^{1,2}, Riccardo Calvani¹, Anna Maria Martone¹, Sara Salini¹, Maria Beatrice Zazzara¹, Matteo Candeloro³, Hélio José Coelho-Junior², Matteo Tosato¹, Anna Picca^{1*}  & Emanuele Marzetti^{1,2} 

¹Center for Geriatric Medicine (CEMI), Fondazione Policlinico Universitario 'Agostino Gemelli' IRCCS, Rome, Italy, ²Università Cattolica del Sacro Cuore, Institute of Internal Medicine and Geriatrics, Rome, Italy, ³Dipartimento di Medicina e Scienze dell'Invecchiamento, Università G. D'Annunzio, Chieti, Italy







Normative values of calf circumference (cm) in men, stratified by age

Age (years)	Observations	Centiles					Mean (SD)
		5th	25th	50th	75th	95th	
45-49	595	33.0	35.5	37.0	39.0	42.6	37.1 (3.4)
50-54	771	32.8	35.5	37.0	39.0	42.5	37.4 (3.4)
55-59	881	32.0	35.0	37.0	39.0	42.5	37.1 (3.4)
60-64	753	31.5	35.0	36.7	39.0	42.0	36.8 (3.6)
65-69	704	31.2	34.4	36.3	38.6	42.0	36.5 (3.2)
70-74	675	31.0	34.0	36.0	38.0	41.0	35.9 (3.0)
75-79	436	30.0	33.0	35.4	38.0	41.0	35.3 (3.2)
80+	304	30.0	32.5	35.0	37.0	41.0	35.0 (3.4)



Normative values of calf circumference (cm) in women, stratified by age

Age (years)	Observations	Centiles					Mean (SD)
		5th	25th	50th	75th	95th	
45-49	833	30.0	33.5	35.5	38.0	42.0	35.6 (3.5)
50-54	1201	30.0	33.0	35.0	37.0	41.0	35.1 (3.5)
55-59	1126	30.0	33.0	35.0	37.0	41.0	35.0 (3.6)
60-64	1010	29.5	32.6	35.0	37.0	40.2	34.8 (3.5)
65-69	956	29.2	32.2	34.2	36.5	40.0	34.5 (3.3)
70-74	759	29.0	32.0	34.0	36.5	40.0	34.3 (3.3)
75-79	514	28.5	31.6	34.0	36.0	39.0	33.7 (3.3)
80+	296	28.0	31.0	33.1	35.8	39.0	33.4 (3.3)



SOCIETÀ ITALIANA
DI GERONTOLOGIA
E GERIATRIA

67° CONGRESSO NAZIONALE SIGG

LA LONGEVITÀ DECLINATA AL FEMMINILE

