

Prevalence and Severity of Sarcopenia in Chronic Heart Failure with Reduced Ejection Fraction Patients

Ahmed Ismail Salama, El-Kasr Eleiny

BACKGROUND:

Sarcopenia is a syndrome characterized by progressive and generalized loss of skeletal muscle mass and strength and is strictly correlated with physical disability and poor quality of life. Chronic heart failure affects individual's lifestyle in many aspects, it can be a predisposing factor for sarcopenia by limitation of physical performance and lifestyle changes associated with chronic heart failure.

AIM OF THE WORK:

To detect the prevalence of sarcopenia in chronic heart failure patients with reduced ejection fraction (HFrEF) and its impact on physical performance and quality of life (QOL)

SUBJECTS AND METHODS:

Patients with HFrEF were subjected to detailed history taking, conventional 2D echocardiography, sarcopenia panel workup that includes (handgrip strength, body muscle mass and six- meter gait speed test), HF clinical status assessment, quality

of life according to KCCQ and grading of severity of sarcopenia if present.

RESULTS:

We recruited 83 patients aged (49.9 ± 8.8 years), 80.7% were males. Sarcopenia was evident in 28.9% (54% of them have severe sarcopenia) and pre- sarcopenia in 32.5% of HFrEF patients. Patients with sarcopenia have significantly lower BMI ($P=0.016$), lower ejection fraction ($P<0.001$) and significantly worse QOL ($P<0.001$) according to KCCQ compared to those with pre-sarcopenia and no sarcopenia.

CONCLUSION:

Sarcopenia is frequent comorbidity in known HFrEF patients, additionally, it's severity correlate with the degree of LV systolic dysfunction and with poor quality of life.

KEY WORDS:

HFrEF- sarcopenia- QOL- heart failure