BODY COMPOSITION IN COMMUNITY DWELLING ELDERLY AS A RISK FACTOR FOR COGNITIVE DECLINE

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Objective:

Vascular risk factors are known to be related to cognitive decline and dementia. Abnormal body composition (especially the amount of visceral fat) is postulated to be linked to brain atrophy and causative factor of dementia in elderly subjects. The aim of this study is to evaluate anthropometric parameters and body composition in community dwelling elderly subjects with depression, mild cognitive impairment and normal control elderly subjects and evaluate abnormal body composition as the risk factor of cognitive decline.

Methods: 270 European Caucasian subjects (control subjects, depressed cases, mild cognitive impairment subjects) were included into the observational study. The following data were acquired: body mass index, abdominal, waist and hip circumferences. Body composition (total fat mass, lean body mass, body water, visceral and subcutaneous fat) was assessed using iDXA GE Lunar densitometer and Maltron 920-2-S bioimpedance analyzer. The evidence for the presence of other vascular risk factor (hypertension, dyslipidemia, diabetes, history of cerebro-vascular incidents) was collected.

Results: We present result of the first observational study performed in Poland on the prevalence of abnormal body composition in community dwelling elders. Abnormal body composition (especially increased amount of visceral fat) is proposed as potential risk factor of brain atrophy and cognitive decline.

Conclusions: We propose analysis of body composition as important part of everyday clinical practice. Since clinical consequences of metabolic syndrome are severe, metabolic parameters (including body composition) of patients with depressive disorders, as normal subjects or cases at risk of development of dementia, should be regularly monitored.