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Swallowing symptoms increase the risk of dynapenia in community-dwelling oldest-old: Retrospective cohort study



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Service Delivery, Statistical Issues and Overflow from other sessions
Souza Cinthia



The aim of this retrospective cohort study was to verify the symptoms of swallowing and the demographic characteristics, at baseline, which contribute the most to dynapenia, in the follow-up, in community-dwelling oldest-old adults.

METHODS

RESULTS

Brazil
Two cities in countryside of São Paulo
Epidemiological inquiry: Frailty in Brazilian elderly (FIBRA)

RETROSPECTIVE COHORT STUDY

2008-2009 FIBRA **Baseline (n=419)**
2016-2017 FIBRA 80+ **Follow-up (n=417)**

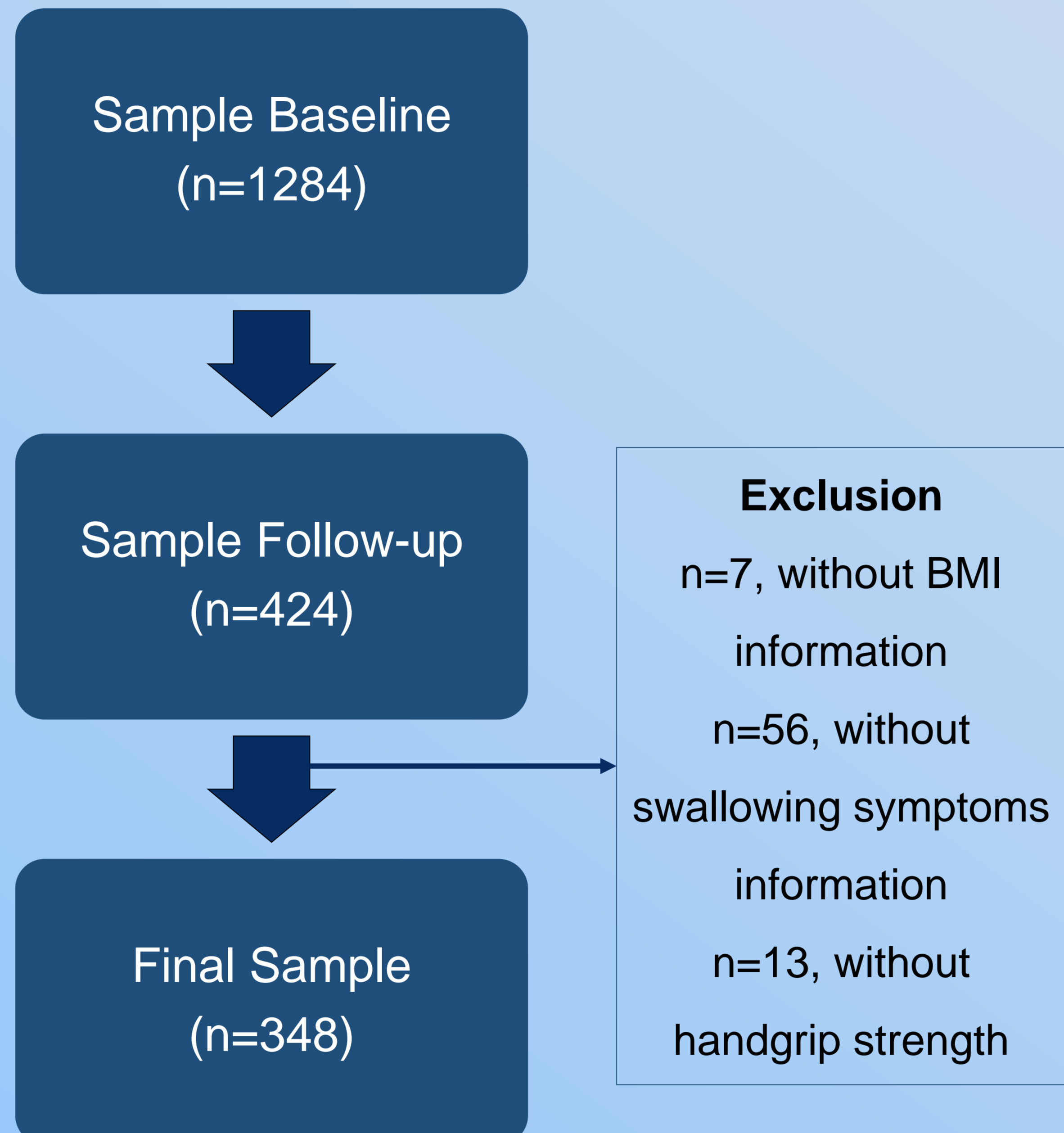
BODY MASS INDEX
Low weight: < 23kg/m²
Eutrophy: ≥23kg/m² e ≤28kg/m²
Overweight: ≥28 e ≤ 30kg/m²
Obesity: ≥30kg/m²

SWALLOWING SYMPTOMS
Taste changes
Chewing difficulties
Swallowing difficulties
Sensation of food stuck in throat
Reflux of food to mouth and nose
Clear throat after eat
Choking after eating and drinking
Swallowing liquids after eating food
Dry mouth in past 4 weeks

HANDGRIP STRENGTH
Dynamometer (follow-up)
< 27kgf (male); < 16 kgf (female)

Component 1*
Taste changes
Chewing difficulties
Swallowing difficulties
Sensation of food stuck in throat

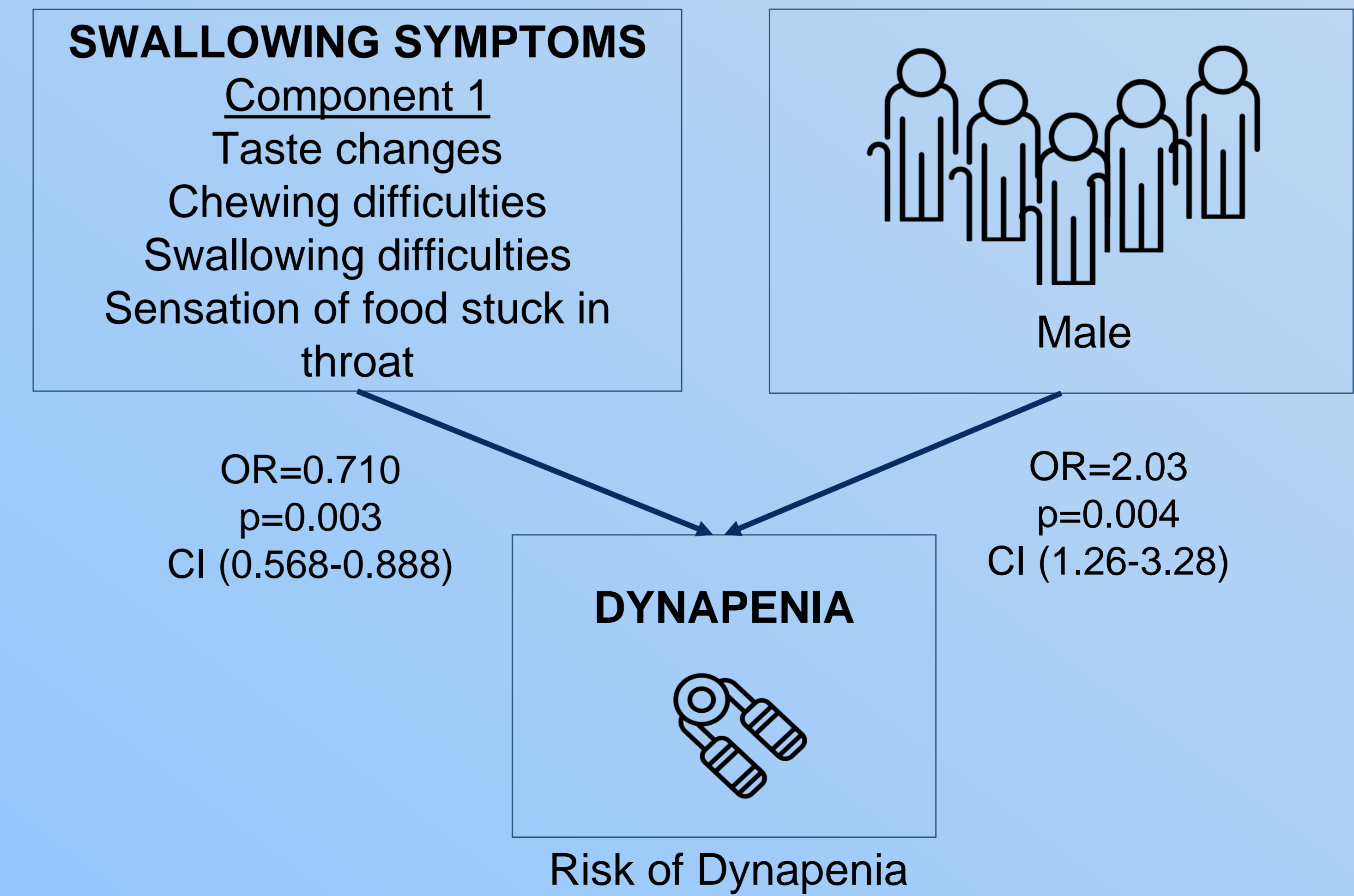
Component 2*
Dry mouth in past 4 weeks
Reflux of food to mouth and nose
Clear throat after eat
Choking after eating and drinking
Swallowing liquids after eating food



CONCLUSION
In a sample of elderly people in the community aged 80 years or older, swallowing problems: difficulty or pain to swallow, feeling of still or stuck food, change in taste and difficulty or pain to chew hard food, in males, at baseline, reveal risk of developing dynapenia at follow-up.

	Baseline (n=419)	Follow-up (n=417)
AGE	65-69y: 38.66% 70-79y: 53.46% ≥80: 7.88%	72-79y: 44.12% 80-89y: 50.84% ≥90: 5.04%
BMI	<23: 14.63% 23-27.9: 41.97% 28-30: 15.83% >30: 27.58%	<23: 17.51% 23-27.9: 43.88% 28-30: 11.99% >30: 26.62%
LOW STRENGTH	Median 24.00 Min-Max (3.33-63.67)	Median 20.00 Min-Max (4.00-96.67)

Multivariate Regression Analysis



*Component 1 and 2 were determined by factorial analysis (statistical)

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