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Summary

NUTRITIONAL STATUS, MUSCLE QUALITY, SARCOPENIA AND QUALITY OF LIFE IN LIVER CIRRHOSIS

John Ryan

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Hepatobiliary

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Cross-sectional study of 49 cirrhotic patients found high sarcopenia prevalence (89% males, 66% females) and demonstrated that phase angle analysis correlates with muscle mass and predicts disease severity better than appendicular skeletal muscle measures.

KEY POINTS

- Among 49 cirrhotic patients (57% alcohol-related), 89% of males and 66% of females met BIA criteria for sarcopenia, with 57% consuming less than guideline-recommended energy intake.
- Phase angle analysis showed strong positive correlation with skeletal muscle mass ($r=0.51$, $p<0.0001$) and handgrip strength ($r=0.71$, $p<0.001$), and higher phase angle predicted lower MELD scores ($\beta=-0.092$, $p=0.004$).
- Cirrhotic patients demonstrated significantly lower muscle quality (HGS/ASM 1.85 vs 2.52 kg, $p<0.001$) and worse functional performance compared to 44 healthy controls.
- Quality of life showed negative but non-significant correlations with sarcopenia, frailty scores, MELD, and Child-Pugh scores, suggesting multifactorial determination.
- The authors conclude that phase angle and food-frequency questionnaires are useful assessment tools for nutritional status in cirrhosis.

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