



PHỤC HỒI CHỨC NĂNG MẮT CƠ Ở NGƯỜI CAO TUỔI



Ths Huỳnh Thị Đan Thanh
Bộ môn CTCH-PHCN

NỘI DUNG

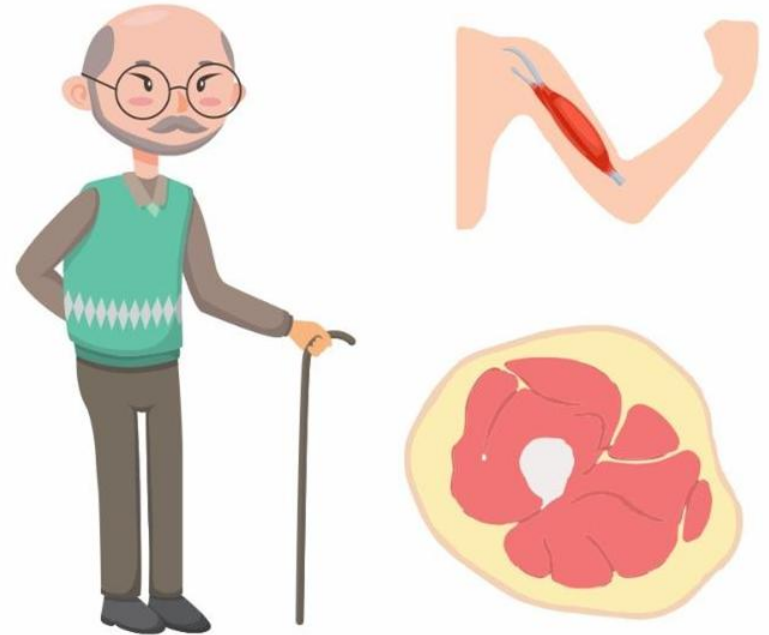


- Giới thiệu và dịch tễ sự mất cơ
- Sinh lí bệnh và YTNC sự mất cơ
- Chẩn đoán mất cơ
- Quản lí và phòng ngừa mất cơ



GIỚI THIỆU

- Sarcopenia (Mất cơ) - Greek words
 - “sarco”: flesh
 - “penia”: reduced or deficiency
- 1988 by Irwin Rosenberg (New Mexico): muscle wasting of the older people
- Prevalence: 9.9 - 40.4% (older community-dwelling adults)



DỊCH TỄ

- Sarcopenia in some Asian countries

Country/Region (Author, Year) ^{ref}	Muscle Mass Measurement	Age Cutoff, y	Sample Size	Prevalence, %		
				Total	Men	Women
Japan (Yoshimura, 2017) ¹²	DXA	60	1099	8.2	8.5	8.0
Japan (Momoki, 2017) ^{S1}	BIA	65	186	NR	NR	21.0
Japan (Iwasaki, 2017) ^{S2}	BIA	75	272	25.7	NR	NR
China (Wang, 2018) ^{S3}	BIA	60	948	7.1	6.6	7.5
China (Hai, 2017) ^{S4}	BIA	60	834	10.6	11.3	9.8
China (Yu, 2014) ¹⁵	DXA	65	4000	7.3	9.4	5.3
Japan (Tanishima, 2017) ^{S5}	BIA	40	216	5.5	6.3	5.1
China (Han, 2017) ^{S6}	BIA	60	711	10.8	8.3	13.3
Hong Kong (Woo 2015) ¹⁴	DXA	65	2000	9.4	9.4	NR
China (Hai, 2017) ^{S7}	BIA	60	836	10.5	11.3	9.7
China (Hu, 2017) ^{S8}	DXA	60	607	18.5	16.3	19.9
China (Wang, 2016) ^{S9}	BIA	60	1090	12.0	14.0	10.2
Taiwan (Kuo, 2019) ^{S10}	DXA	60	731	6.8	9.3	4.1

DXA, dual X-ray absorptiometry; BIA, bioelectrical impedance analysis; NR, not reported.

Hệ quả của mất cơ



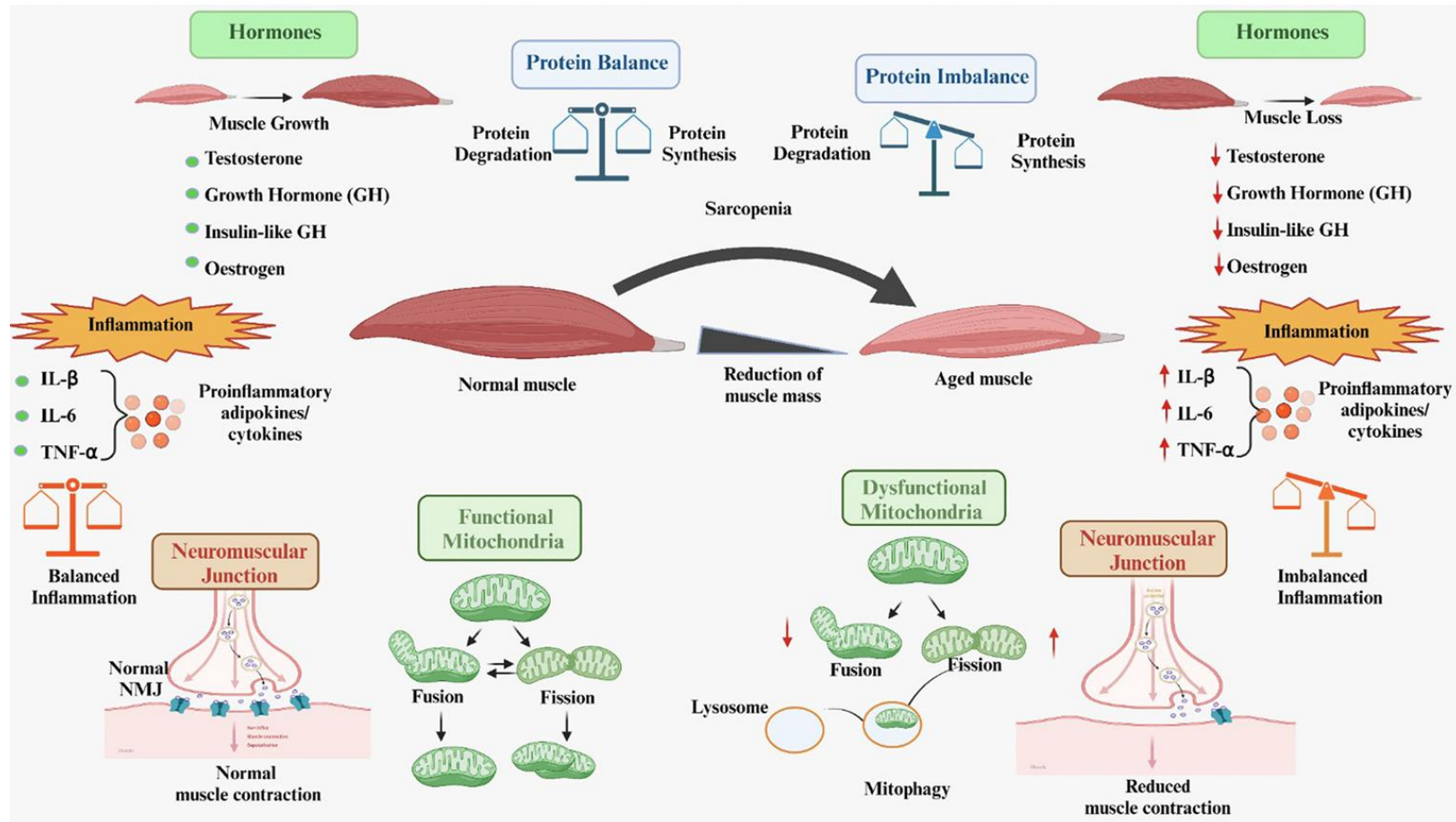
- Increased risk of mortality and other adverse outcomes such as falls, functional dependency, hospital admission and a reduced QoL
- SR and meta-analysis (43 observational studies)

Người sarcopenia có điểm HRQoL thấp hơn đáng kể, SMD là -0.76 (95% CI: -0.95 đến -0.57)

- Sarcopenia ảnh hưởng rất đáng kể đến QoL



SINH LÝ BỆNH



SINH LÝ BỆNH

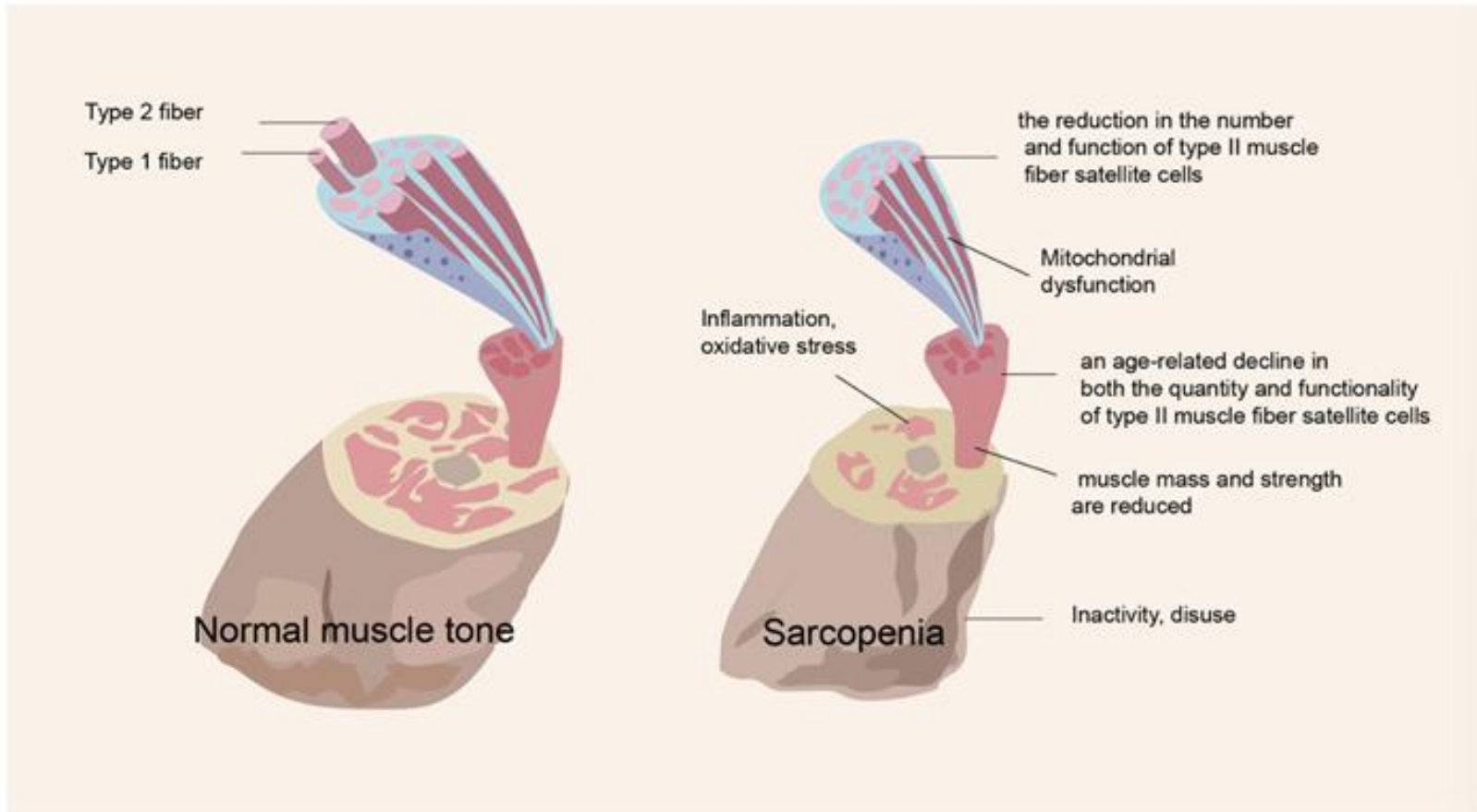


Figure 3 Aging-induced loss of muscle mass and degeneration of muscle fibers.

PHÂN LOẠI MẤT CƠ

- Phân loại Sarcopenia theo nguyên nhân

Primary sarcopenia

Age-related sarcopenia

No other cause evident except ageing

Mất cơ nguyên phát

Secondary sarcopenia

Activity-related sarcopenia

Can result from bed rest, sedentary lifestyle, deconditioning or zero-gravity conditions

Disease-related sarcopenia

Associated with advanced organ failure (heart, lung, liver, kidney, brain), inflammatory disease, malignancy or endocrine disease

Nutrition-related sarcopenia

Results from inadequate dietary intake of energy and/or protein, as with malabsorption, gastrointestinal disorders or use of medications that cause anorexia

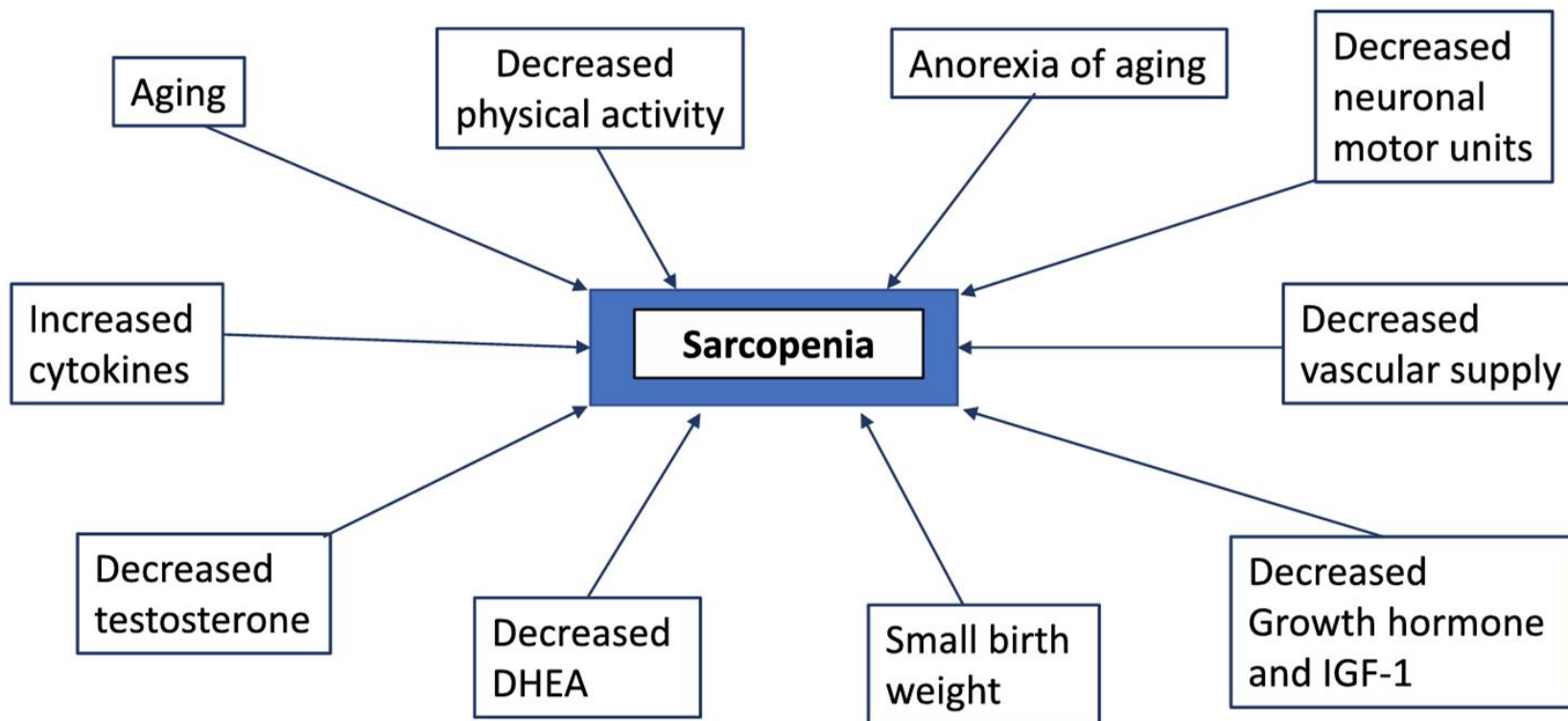
Mất cơ thứ phát

- Liên quan hoạt động
- Liên quan bệnh lí
- Liên quan dinh dưỡng

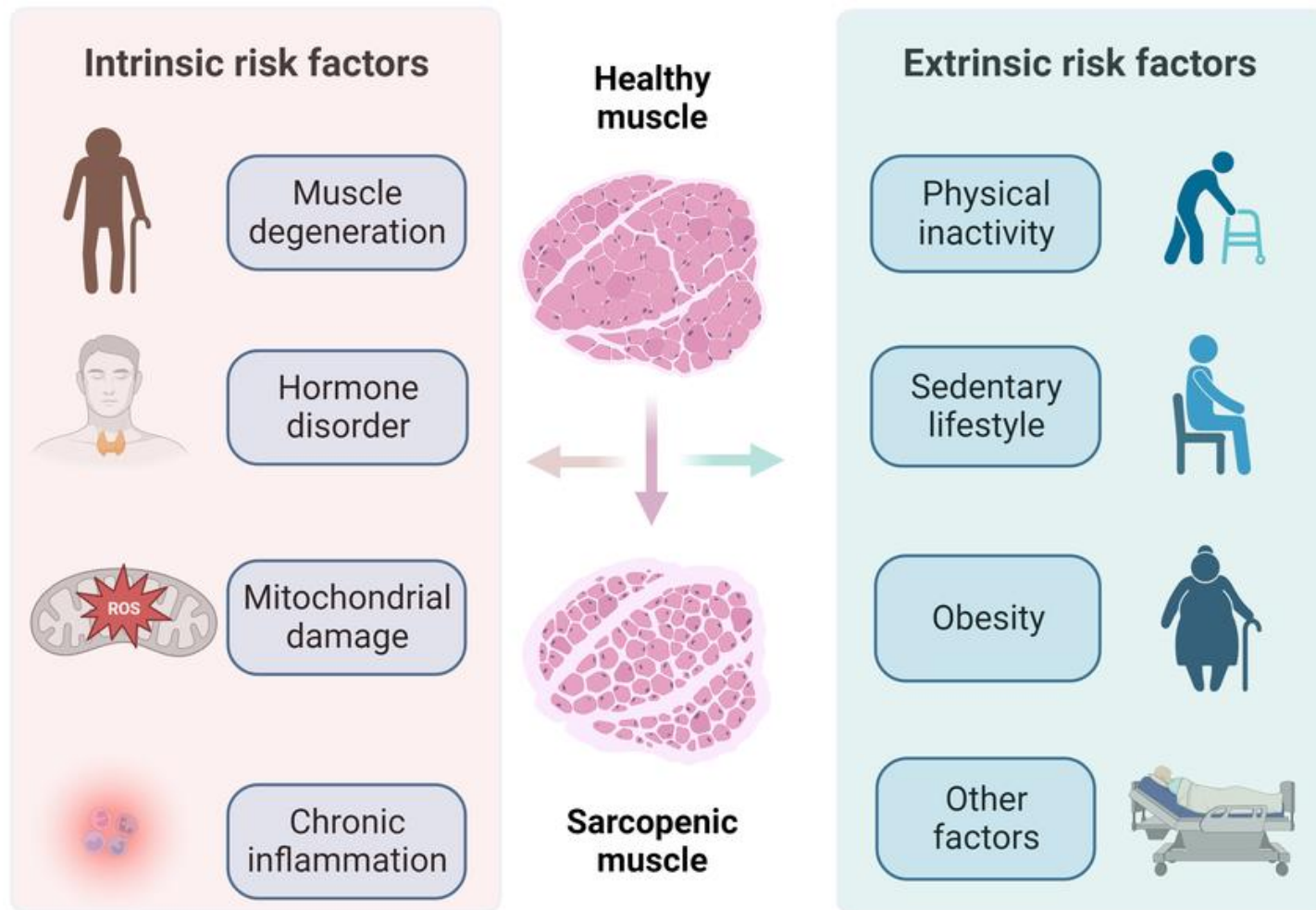


Những yếu tố liên quan tới bệnh sinh

Mất cơ nguyên phát



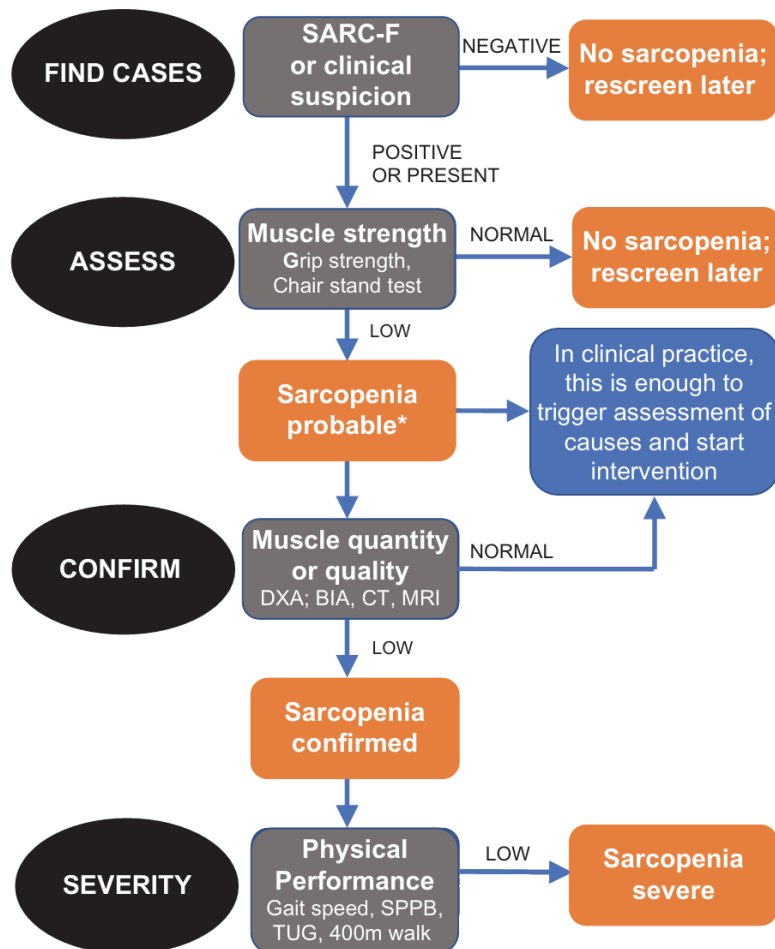
Yếu tố nguy cơ Mất cơ



CHẨN ĐOÁN MẤT CƠ

Nhóm công tác châu Âu về sarcopenia ở người cao tuổi, 2019

(European Working Group on Sarcopenia in Older People - EWGSOP)

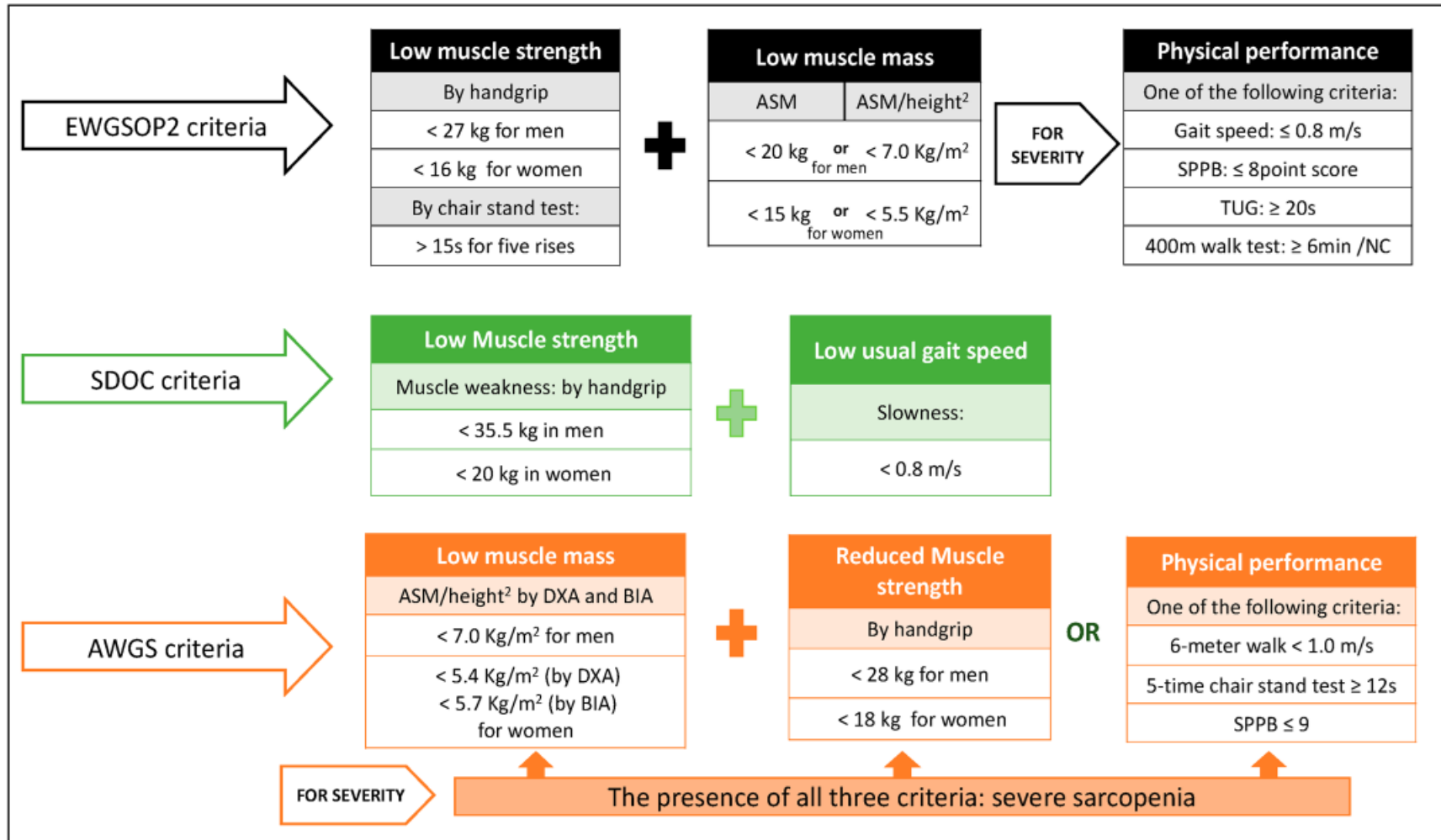


Component	Question	Scoring
Strength	How much difficulty do you have in lifting and carrying 10 pounds?	None = 0 Some = 1 A lot or unable = 2
Assistance in walking	How much difficulty do you have walking across a room?	None = 0 Some = 1 A lot, use aids, or unable = 2
Rise from a chair	How much difficulty do you have transferring from a chair or bed?	None = 0 Some = 1 A lot or unable without help = 2
Climb stairs	How much difficulty do you have climbing a flight of 10 stairs?	None = 0 Some = 1 A lot or unable = 2
Falls	How many times have you fallen in the past year?	None = 0 1 – 3 falls = 1 ≥ 4 falls = 2

SARC-F questionnaire



So sánh các hướng dẫn chẩn đoán



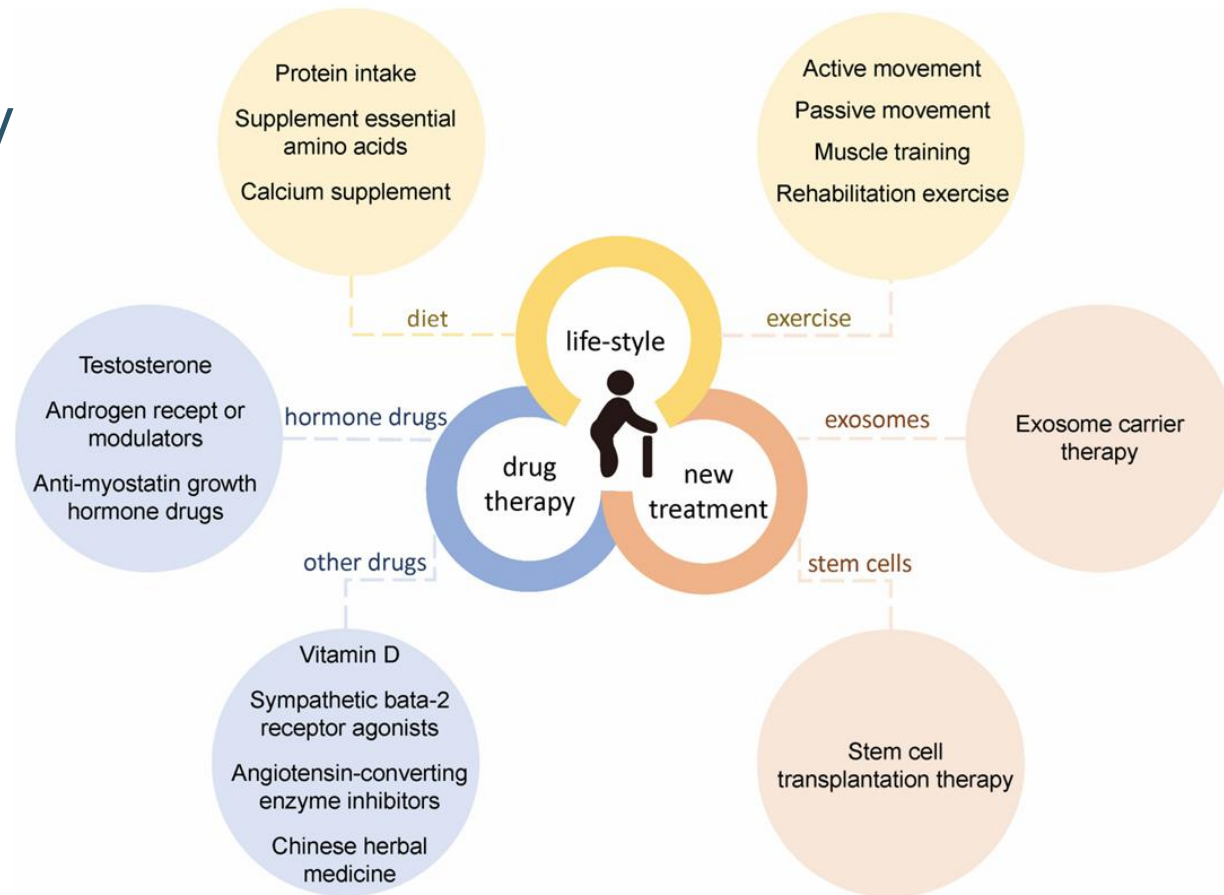
QUẢN LÝ MẤT CƠ

Nguyên tắc: toàn diện, lấy

BN làm trung tâm bởi 1

nhóm đa chuyên ngành

- Lối sống: exercise và dinh dưỡng
- Thuốc
- Phương pháp mới



QUẢN LÝ MẮT CỜ



REVIEW



Journal of Cachexia, Sarcopenia and Muscle 2023; **14**: 1199–1211

Published online 14 April 2023 in Wiley Online Library (wileyonlinelibrary.com) DOI: 10.1002/jcsm.13225

Exercise for sarcopenia in older people: A systematic review and network meta-analysis

Yanjiao Shen^{1,3}, Qingyang Shi², Kailei Nong², Sheyu Li², Jirong Yue³, Jin Huang¹, Birong Dong³, Marla Beauchamp⁴ & Qiukui Hao^{3,4*} 

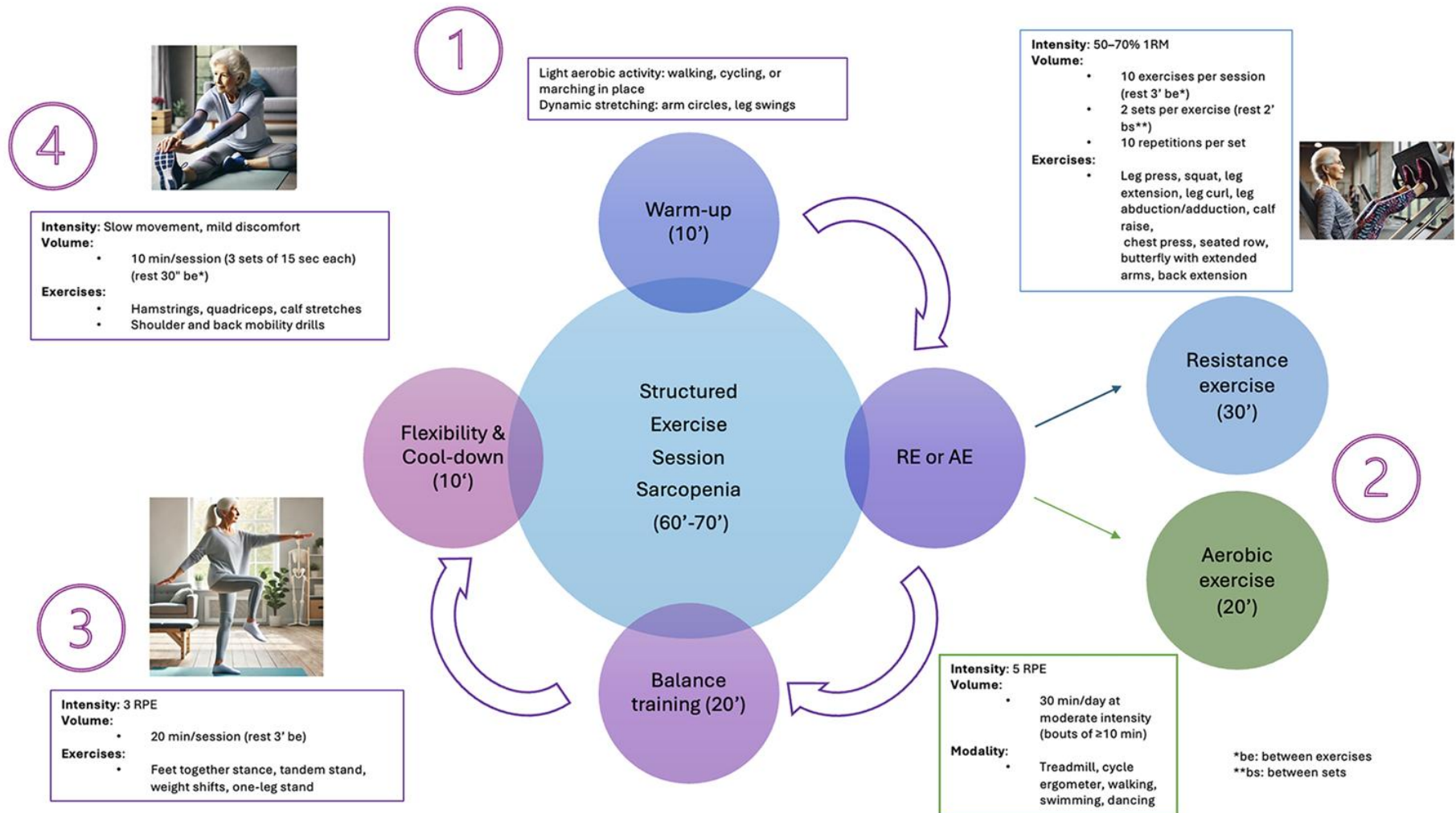
¹Medical Device Regulatory Research and Evaluation Center, Chinese Evidence-Based Medicine Center, West China Hospital, Sichuan University, Chengdu, Sichuan, China;

²Department of Endocrinology and Metabolism, West China Hospital, Sichuan University, Chengdu, Sichuan, China; ³The Center of Gerontology and Geriatrics/National Clinical Research Center of Geriatrics, West China Hospital, Sichuan University, Chengdu, Sichuan, China; ⁴School of Rehabilitation Science, McMaster University, Hamilton, Ontario, Canada

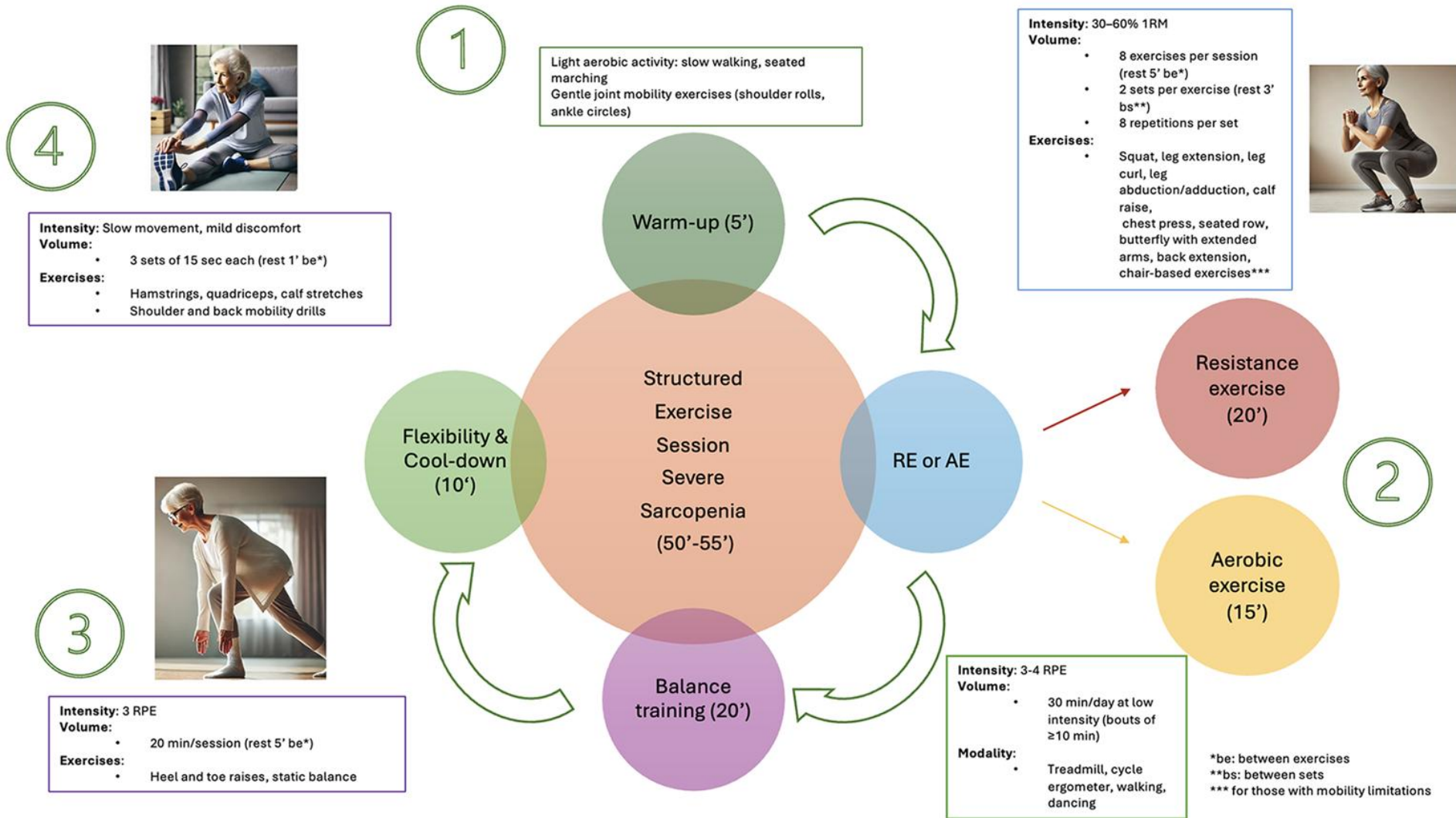
Conclusions In older adults with sarcopenia, high or moderate certainty evidence showed that resistance exercise with or without nutrition and the combination of resistance exercise with aerobic and balance training were the most effective interventions for improving quality of life. Adding nutritional interventions to exercise had a larger effect on hand-grip strength than exercise alone while showing a similar effect on other physical function measures.



VD chương trình tập cho Mắt cơ

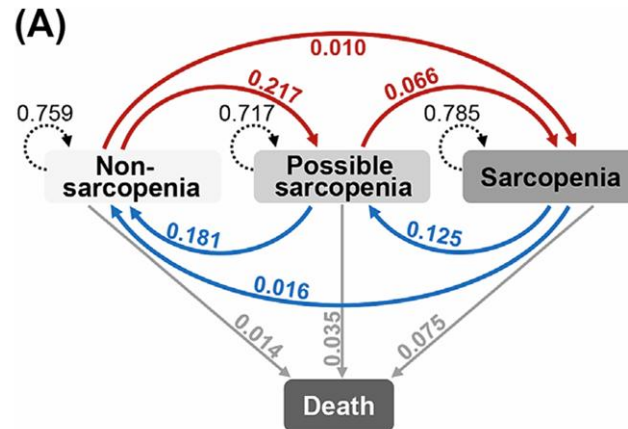


VD chương trình tập cho Mất cơ nặng

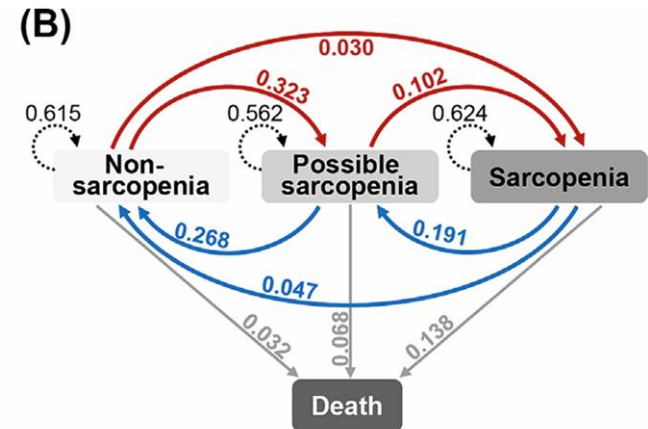


Can sarcopenia be a reversible condition?

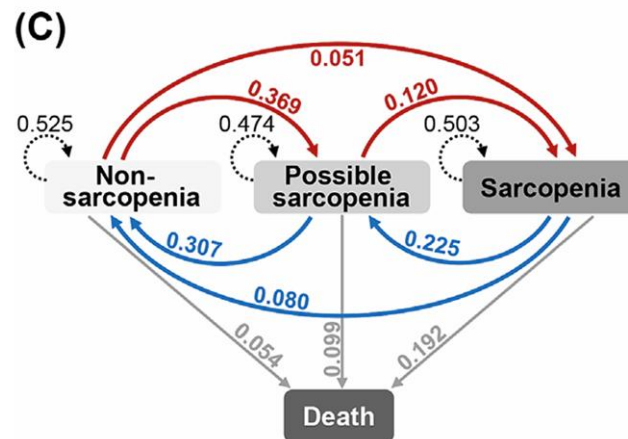
- >4000 người
- > 3 năm



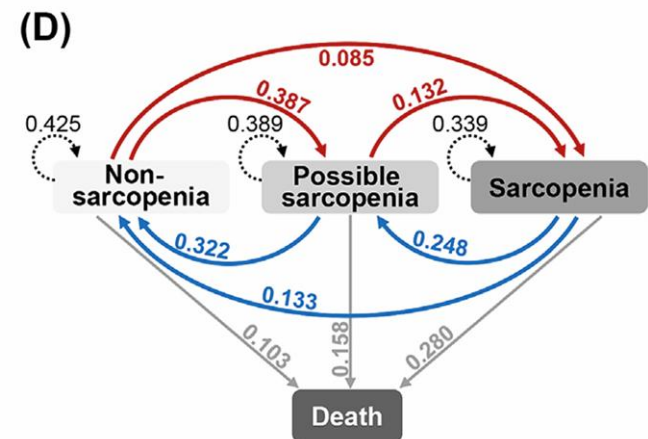
1-year transition diagrams



2-year transition diagrams



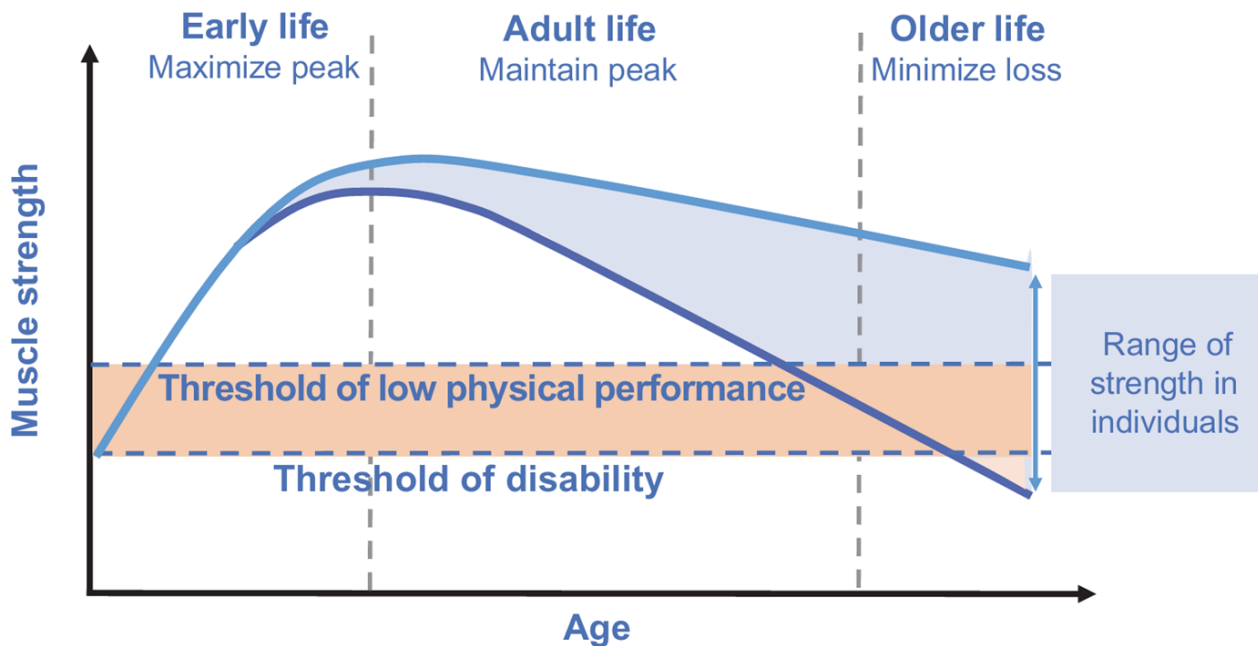
3-year transition diagrams



5-year transition diagrams



Cách tiếp cận dựa trên vòng đời để phòng ngừa sarcopenia



- **maximise** muscle in youth and young adulthood
- **maintain** muscle in middle age
- **minimise** loss in older age

TAKE HOME MESSAGES

- 🎯 Mục tiêu chính: giảm nhẹ hoặc đảo ngược suy giảm khối cơ và chức năng
- ⌚ “Possible sarcopenia” = giai đoạn vàng để can thiệp sớm
- 🤝 Tiếp cận PHCN đa mô thức, cá thể hóa và làm việc theo nhóm
- 💊 Exercise is medicine
- 🏋️ Resistance training là nền tảng, kết hợp tập thăng bằng, aerobic và dinh dưỡng để tối ưu hiệu quả





THANK YOU

