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Presence of sarcopenia among Black prostate cancer survivors undergoing androgen deprivation therapy

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Background
Black Prostate Cancer survivors (PCa) undergoing androgen deprivation therapy (ADT) are at higher risk of body composition alterations, such as sarcopenia, which translate to poorer overall survival when compared to non-black PCa. Although the prognostic relevance of sarcopenia has been established, this outcome is understudied among Black PCa on ADT. Therefore, the aim of this first-of-its-kind observation is to assess the presence of sarcopenia among Black PCa on ADT.
Methods
We assessed sarcopenia, defined as the simultaneous presence of low muscle strength and muscle mass according to the Global Leadership Initiative in Sarcopenia (GLIS), among 46 Black PCa on ADT. The cut-offs of the "Sarcopenia Definitions and Outcomes Consortium"were used to determine sarcopenia. Participants'age and body mass index (BMI) were collected. Sarcopenia was assessed through 1)Handgrip strength assessed using a handheld dynamometer (sarcopenia <35.5kg), and 2)Appendicular Skeletal Muscle Mass Index (ASMI) assessed using whole-body DEXA (sarcopenia <7.26kg/m^2). Difference between age groups (<70 or ≥70) on handgrip strength and ASMI was explored with Mann-Whitney U test.
Results
Participants were 68.7±9.19 years old with a BMI of 29.8±5.17kg/m^2. Mean handgrip strength was 33.8±8.12kg. Mean ASMI was 8.6±1.72kg/m^2. Twenty-seven (59%) participants had handgrip strength <35.5kg, and only seven (15%) also had ASMI lower than <7.26kg/m^2 meeting both criteria for sarcopenia per GLIS definition. Handgrip strength was significantly higher in younger (N=21) than older (N=25) participants (mean difference 5.9kg, 95%CI 0.9–10.4, p=0.018), while ASMI was higher but not significant (0.6kg/m^2, -0.2–1.2, p=0.112).
Conclusions
Although ADT can exacerbate sarcopenia among PCa, only 15% of our participants had sarcopenia. Handgrip strength and ASMI were lower with age but prevalent presence of sarcopenia, as defined by current consensus, cannot be confirmed among Black PCa. Future research is necessary to understand unique features and classification of sarcopenia among Black PCa on ADT.

Keywords

Black men; Sarcopenia; Prostate Cancer; Strength.

Conflict of Interest & Ethical Approval

yes

Abstract submitters declaration

yes

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