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The elderly muscle: from muscle soreness to sarcopenia and how to diagnose or treat it in general medicine?

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Background and Aim: As member of the European Geriatrics Society (EUGMS), this organization has edited a white paper on sarcopenia over the last years, more specifically in use for geriatricians. A lot of other publications are dealing more and more with muscle training for cardiac myopathy in the elderly. Our National medical sport society in association with a Luxembourgish institute on nutrition for GP has elaborated recently a report on muscle lesions, cardiomyopathy and sarcopenia in senior citizens. Finally I recently achieved a course called Total Nutrition Therapy Geri, also in collaboration with the EUGMS and including guide-lines for nutrition in specific pathological situations.

Method: in a symposium session we propose to present our national contribution elaborated with GP's specificity to a larger audience of GP from all Europe. We intend to discuss and edit a possible flow-chart for assessment and treatment options for three muscle lesions (muscle soreness; cardiomyopathy and sarcopenia). The focus should be on very easy applicable tests and examinations, which all general practitioners can handle either in the office or as bed-side testing in nursing homes. Three groups will reflect on the 3 major topics using the standardized method of: a) presentation of a definition; b) discussion on the possible assessment instruments applicable in general medicine and c) treatment options including all evidence based techniques and medications.

Result: We would like to integrate different approaches from GP over Europe in order to propose at the end of the session simplified, easy and low time-consuming guide-lines for general practitioners facing muscle pathologies.