



Obesity and sarcopenic obesity could be a risk factor for knee osteoarthritis; sarcopenia devoid off

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As per a recent large longitudinal cohort study, obesity and sarcopenic obesity is related to knee osteoarthritis. Obesity is being counted among the major risk factor of knee osteoarthritis (KOA), measured through anthropometry. However, which type of body composition as per muscle mass and fat is associated with KOA is still a question.

This study evaluated the individuals who were with or at the risk of KOA. The participants selected from the MOST (Multicenter Osteoarthritis) study were categorised into four classes; obese, sarcopenic, sarcopenic obese and non-sarcopenic obese on the basis of body composition from whole body DXA (Dual Energy X-ray). By adjusting potential confounders, the binomial regression with robust variance estimation was used to examine baseline body composition classes association with radiographic OA risk for 60 months.

Out of the 1653 participants with no radiographic KOA at baseline, obese (RR 2.29) and sarcopenic obese (RR 1.91) women exhibited considerable enhanced radiographic KOA risk. However, no men showed any association. No association was seen between KOA and sarcopenia (women RR 0.96; men RR 0.66). Therefore, the person with considerable KOA risk should concentrate on weight loss strategies to reduce obesity and sarcopenic obesity.

Source:	Arthritis Rheumatol
Link to the source:	https://onlinelibrary.wiley.com/doi/abs/10.1002/art.40692
Original title of article:	Risk of knee OA with obesity, sarcopenic obesity and sarcopenia
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