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Influence of the age at menopause onset on sarcopenia in postmenopausal women

Abstract:

Menopause is characterized by ovarian failure and a drop in estrogen levels, leading to a rapid loss of muscle mass and a redistribution of body fat. In 2023, I published the article to verify the effect of the time of onset of menopause on the quality of lean mass, determined through the analysis of muscle mass by dual-energy X-ray absorptiometry (DXA) and using the standard of the Foundation of the National Institutes of Health (FNIH) for sarcopenia classification. For this conference I will talk about the physiological basis behind the article and its conclusion.

- Physiology of menopause
- Changes in body components
- Sarcopenia: definition and consensus
- Consequences of sarcopenia for women from menopause to aging

Biography

De Matos teach Anatomy and Special Populations in the Postgraduate program in Physical activity and health and he is coordinator of the Densitometry Laboratory at the Federal University of Technology-Paraná-Brazil. He is researcher in the area of women's health with research in Fibromyalgia, Bariatric Surgery and bone density, Postmenopausal Osteoporosis. Currently develop projects in primary healthcare in the risk of falls and fractures