Sarcopenia is defined as an age-associated loss of skeletal muscle mass and function.
It has been related to higher mortality in general population as well as in HIV-infected patients.
Indeed, sarcopenia is a marker of frailty in the elderly.

The aim of our study was to describe the prevalence of sarcopenia in a cohort of HIV-infected patients.
We also looked for related factors for sarcopenia in this population.

1. Sarcoenpia is a frequent condition in HIV-infected patients despite the young age, affecting to 23.5% of our population.
2. Increased 25-OH-vitamin D levels and increased body fat mass may protect from it.
3. Clinical studies on vitamin D supplementation for sarcopenia prevention in HIV-infected patients are warranted.

REFERENCES