

Ultrasound echo intensity is potential frailty biomarker

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(HealthDay)—Higher levels of echo intensity (EI) on ultrasound are

associated with lower levels of muscle strength (MS) and greater frailty in the elderly, according to a study published online Sept. 7 in the *Journal of the American Geriatrics Society*.

Rebeca Miron Mombiela, M.D., from Universidad de Valencia/INCLIVA in Spain, and colleagues evaluated whether [muscle](#) quality based on EI is associated with MS and risk of [frailty](#) in elderly outpatients (aged 60 to 90 years). In total, 112 individuals participated, with those aged 20 to 59 years serving as controls.

The researchers observed a significant negative correlation between EI and MS (P

"These results, although needing to be replicated in larger and more-diverse populations, suggest that EI obtained using ultrasound images might be used as noninvasive imaging biomarker of frailty in [elderly adults](#) and opens the possibility of accurately testing interventions performed to prevent it," the authors write.

More information: [Abstract](#)
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