

# Low muscle mass associated with a two-fold risk of death from heart disease in people with diabetes

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New research being presented at the [Annual Meeting of the European Association for the Study of Diabetes \(EASD\)](#) in Hamburg, Germany

(2–6 Oct) shows that low muscle mass is associated with a two-fold risk of death from cardiovascular disease in individuals with diabetes.

This association is independent of frailty, glycemic control and the microvascular complications retinopathy (damage to the blood vessels of the retina) and nephropathy ([kidney disease](#)), the analysis of data on US adults found.

Sarcopenia—age-related loss of muscle mass and strength—was known to be associated with [cardiovascular disease](#) (CVD) and mortality in individuals with diabetes. However, it wasn't clear to what extent the relationship was being influenced by their blood sugar control or by complications of their diabetes. There was also a lack of consensus on sarcopenia's impact on cardiovascular disease and mortality in people with diabetes.

To find out more, Dr. Jae Myung Yu and Dr. Shinje Moon, of Hallym University, Seoul, Republic of South Korea, and colleagues, used data from the National Health and Nutrition Examination Survey (NHANES) on 1,514 adults with diabetes (age >20 years) in the US.

Of 1,514 participants (55.6% female), 196 had low muscle mass (ASMI

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