

allocate a group of men with a reduction in the AMM ( $ALMI \leq 8.44 \text{ kg/m}^2$ ) and people with a normal amount of AMM ( $ALMI > 8.44 \text{ kg/m}^2$ ).

## P502

### OSTEOPOROSIS PREVENTION: WHERE ARE THE BARRIERS TO IMPROVEMENT IN PATIENTS AND DOCTORS?

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Despite numerous programs aiming at improving osteoporosis care, prevention, diagnostic and treatment remain suboptimal. It is important to understand barriers to preventive care initiation to improve awareness and management of osteoporosis. We implemented a qualitative study to explore the knowledge and representations of general practitioners in Region Rhône-Alpes, France regarding osteoporosis and its prevention in women and men. Four types of focus groups were conducted until data saturation, with women aged 50 to 85 years and men aged 60 to 85 years, with or without a history of fragility fracture or an osteoporosis diagnostic (referred to as “aware” or “unaware”). We involved 57 men, 23 aware and 34 unaware, in 7 focus-groups; and 45 women, 23 aware and 22 unaware in 9 focus groups. In parallel, semi-directed face-to face interviews were conducted with 16 general practitioners. A thematic analysis of transcripts was made with Nvivo 10 software.

Results showed that osteoporosis is not considered as an illness but rather associated to old age by women and men who usually do not feel concerned, even if they had suffered a fragility fracture. No differences could be observed between aware and unaware patients. If osteoporosis was associated with bone fragility and fractures by women, for most of the men it was a women pathology which they deny. Fragility fracture was usually not linked to osteoporosis but to the fall. Men and women agreed with a healthy lifestyle although the benefits of dairy products, sun exposure and sport practicing were discussed. Pharmacological treatments were only mentioned by women, and always with suspicion due to their side effects. Women and men thought that their general practitioner is the right person to inform them about OP although it is rarely done, but women were more likely to be active in their health. For general practitioners, osteoporosis was associated with fragility fractures, women, menopause, and old age but rarely with men. BMD measurement was regarded as the referent diagnostic test, but sometimes with difficulties to interpret the results, and questions

as to when to prescribe. Bisphosphonates were the reference treatment. Above all, they were all waiting for clear and pragmatic guidelines to better manage this disease.

In conclusion, understanding barriers to osteoporosis care in patients and general practitioners will help to set up effective strategies to improve prevention and treatment.

## P503

### CYCLIC YOGA FOR THE PREVENTION OF AGE-RELATED SARCOPENIA

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**Aims:** To evaluate the effect of continuous cyclic yoga training on muscle strength and body composition in postmenopausal women.

**Methods:** Cyclic yoga is a new style in Hatha yoga that has been providing harmony of streaming cycle of poses to fortify the positive effects of each asana on muscle strength and flexibility. DXA was used to assess whole body and regional soft tissue mass, fat mass and lean body mass composition. Muscle strength was assessed by handgrip dynamometry tests. Any chronic illness like auto immune disorders, cancers, neurological diseases and any conditions that under treatment with corticosteroids were excluded. Forty-six postmenopausal women were recruited as yoga group (YE,  $n=21$ ; age 54.5 years) and control group (CON,  $n=25$ ; age 55.6 years). Participants in YE group performed 60 min of a cyclic-based yoga series one time/week for >5 years.

**Results:** There was not significant group difference in age. The results showed that BMI in YE was significantly lower than CON (25.7 vs. 28.2) as well as trunk and total fat percent (41 % vs. 43 %). Also, total lean body mass in YE was higher than CON. In YE hand dynamometer test result of right hand was stronger than CON (23.6 kg vs. 20.3 kg). After adjustment for age and social economic status, years of continuous practice in cyclic yoga was directly associated with muscle mass and strength and inversely associated with fat mass.

**Conclusion:** The findings of this study suggest that regular long-term cyclic yoga had a positive effect on muscle mass, muscle strength and body fitness in postmenopausal women. Cyclic yoga may be recommended for the prevention of age-related sarcopenia in postmenopausal women.