



# Important Points to Consider During Practical Application and in the Validation Studies of SARC-F Tool to Screen Sarcopenia [Response to Letter]

This article was published in the following Dove Press journal:  
*Clinical Interventions in Aging*

Ewa Zasadzka 

Anna Pieczyńska 

Tomasz Trzmiel 

Mariola Pawlaczyk 

Department of Geriatric Medicine and  
Gerontology, Poznan University of  
Medical Sciences, Pozna, Poland

## Dear editor

We are very thankful for the critical remarks given by Ozlem Yilmaz and Gulistan Bahat and the interest of our article titled “Polish Translation and Validation of the SARC-F Tool for the Assessment of Sarcopenia”.

We agree with Ozlem Yilmaz and Gulistan Bahat that in cases with clinically suspected sarcopenia the use of SARC-F is not mandatory/obligatory as the first diagnostic step, and therefore could be omitted in this group of patients.

Answering the second problematic point we would like to explain that we decided to use 4.5 kg in the first question of the SARC-F questionnaire because this weight was used in previous publications presenting the validation results of the questionnaire.<sup>1,2</sup> The weight of 3 bottles of still water (1.5 kg each) commonly bought in Poland seemed to be a clear and straightforward way of explaining the actual weight in question.

## Disclosure

The authors report no conflicts of interest in this communication.

## References

1. Parra-Rodríguez L, Szlejf C, García-González AI, Malmstrom TK, Cruz-Arenas E, Rosas-Carrasco O. Cross-cultural adaptation and validation of the Spanish-language version of the SARC-F to assess sarcopenia in mexican community-dwelling older adults. *J Am Med Dir Assoc* 2016;17(12):1142-1146. doi:doi:10.1016/j.jamda.2016.09.008
2. Kim S, Kim M, Won CW. Validation of the Korean version of the SARC-F questionnaire to assess sarcopenia: korean frailty and aging cohort study. *J Am Med Dir Assoc*. 2018;19(1):40-45.e1. doi:10.1016/j.jamda.2017.07.006

Correspondence: Ewa Zasadzka  
Email [ezasad@ump.edu.pl](mailto:ezasad@ump.edu.pl)

Dove Medical Press encourages responsible, free and frank academic debate. The content of the Clinical Interventions in Aging 'letters to the editor' section does not necessarily represent the views of Dove Medical Press, its officers, agents, employees, related entities or the Clinical Interventions in Aging editors. While all reasonable steps have been taken to confirm the content of each letter, Dove Medical Press accepts no liability in respect of the content of any letter, nor is it responsible for the content and accuracy of any letter to the editor.

## Clinical Interventions in Aging

Dovepress

### Publish your work in this journal

Clinical Interventions in Aging is an international, peer-reviewed journal focusing on evidence-based reports on the value or lack thereof of treatments intended to prevent or delay the onset of maladaptive correlates of aging in human beings. This journal is indexed on PubMed Central, MedLine, CAS, Scopus and the Elsevier

Bibliographic databases. The manuscript management system is completely online and includes a very quick and fair peer-review system, which is all easy to use. Visit <http://www.dovepress.com/testimonials.php> to read real quotes from published authors.

Submit your manuscript here: <https://www.dovepress.com/clinical-interventions-in-aging-journal>