

## Sarcopenia prevalence

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Dear Editor,

Regarding the recent report by Patil and colleagues about sarcopenia and osteopenia prevalence [1], we would like to address some methodological issues. It is stated that the prevalence of sarcopenia using the European Working Group on Sarcopenia in Older People (EWGSOP) is 0.9 %. This is grossly out of other frequencies reported using the same algorithm, which is over 30 %. The first report by Landi and colleagues showed a prevalence of 32.8 % in a group of institutionalized elderly ( $n=122$ ), while our group reported 33.6 % in an ambulatory sample of 70 years or older subjects ( $n=345$ ) [2, 3]. The first report included all the residents of the nursing home where the study was performed, while our study used a representative sample of Mexico City. However, the sample of Patil et al. was derived from an intervention study, in which neither the whole population ( $n=9,370$ ) nor a representative sample was used. Although an excellent sample of a study was aimed to have internal validity, external validity represented by prevalence could be misleading [4]. Nevertheless, other factors could contribute to different frequencies of

sarcopenia, like those already pointed by the authors: lack of precise diagnostic criteria and unavailability of standard reference data to the components of the EWGSOP algorithm [1, 5].

### References

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