Letter to the Editor

Letter to the editor: A simple sarcopenia screening test predicts future adverse events in patients with heart failure

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We have read with great interest the excellent work done by Onoue et al. [1], which revealed that a simple screening test for sarcopenia can predict future heart failure (HF) events in patients with HF [1,2]. However, we would like to point out certain concerns regarding the study.

First, calf circumference might not be a suitable assessment of muscle mass in patients with HF. The sarcopenia score was calculated using a formula that included patient age, hand grip strength, and calf circumference for determining the probability of sarcopenia [2]. The presence of sarcopenia was defined as a sarcopenia score ≥105 in men and ≥120 in women [2]. Calf circumference is relatively easy to perform and could be used as an indication of muscle mass [3]. However, the participants were community-dwelling elderslies [3]. Furthermore, although calf circumference was immediately measured before hospital discharge, it may not have accurately reflected muscle mass because of edema.

In addition, treatment and physical activity were not controlled after hospital discharge. In particular, the relationship between physical activity and risk for future HF events remained unclear in this study. Considering that other studies have reported dose-dependent associations between lower physical activity and risk for HF [4,5], assessment of physical activity after hospital discharge might be necessary to account for potential confounders associated with the risk for HF.

Conflict of interest

The authors report no relationships that could be construed as a conflict of interest.

References


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