





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

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## 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

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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

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