



Letter to the Editor

Small, however significant differences in the definition of physical frailty, and sarcopenia



We read the study of Calvania et al. with great interest titled “BIOmarkers associated with Sarcopenia and PHysical frailty in EldeRly pErsons” (BIOSPHERE): Rationale, design and methods” [1]. In this paper, the authors highlighted that sarcopenia was a major health issue in older adults given its high prevalence, and burdensome clinical implications. In addition to this unsolved debate, the complexity of musculoskeletal ageing represented a major challenge to the identification of clinically meaningful biomarkers. This was a well-designed study which illustrated the advantages of biomarker discovery procedures in muscle ageing based on multivariate methodologies as an alternative approach to traditional single-marker strategies.

We would like to comment on a topic in this article: The authors stated that “The Physical frailty & sarcopenia (PF&S) newly operational definition, elaborated in the context of the Sarcopenia and Physical frailty in older people framed a pre-disability condition that can be diagnosed and monitored in an objective manner”. Considering the criteria of the subjects included in the study, low muscle mass and low muscle function/low muscle strength were included in the criteria for sarcopenia, however, the conditions for physical frailty were not exactly met. Various suggestions were identified for the screening, and identification of frailty in the literature. One suggestion was that shrinking (weight loss), poor endurance, and energy (by self-report of exhaustion) were missing in the inclusion criteria of the Fried physical frailty criteria in the study [2]. In the FRAIL criteria, fatigue, illnesses (more than 5), and weight loss were required in defining the physical frailty aiming at screening for frailty however, these criteria were also missing in the study [3,4].

We suggest that the inclusion of these remarks to the study will enhance its purpose.

Declarations of interest

None.

As authors of this article

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