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## Letter to Editor

# How to Find out About Sarcopenia in the Community

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**To editor:**

How can we diagnose sarcopenia in a patient without instruments and advanced equipment? 1. The SARC-F questionnaire is a 5-question self-administered questionnaire covering strength, walking, standing up, climbing stairs, and fall history. A total score of ≥4 points is considered high risk for sarcopenia and is the most commonly used community screening tool [1,2]. 2. Calf circumference measurement only requires a soft measuring tape. Measuring the circumference at the widest point of the calf is a simple anthropometric indicator with the highest correlation to muscle mass. A calf circumference <34 cm for men and <33 cm for women is generally considered abnormal (the cut-off point may vary slightly depending on ethnicity) [3].

3.The five-sit-up test requires only an armless chair and a stopwatch (or mobile phone timing) to measure the time required to go from sitting to standing up five times, reflecting the lower limb muscle strength and functional performance [4]. 4. Gait speed observation only requires a fixed distance (usually 6 meters) and a stopwatch to measure normal walking speed. It is one of the key functional indicators for assessing severity in AWGS [5]. 5. Clinical visual inspection and palpation involve physicians or nurses directly observing the appearance of the muscles in the limbs, the temporalis muscle depression, and the boundary between subcutaneous fat and muscle. These methods are used for preliminary judgment but are highly subjective.

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