Rationale

Sarcopenia, low muscle mass, is frequently identified in elderly and associated with physical disability and mortality. Consensus on diagnostic criteria for sarcopenia has not been reached yet.

Aim

To compare prevalence rates of sarcopenia using nine sets of diagnostic criteria in geriatric outpatients and healthy elderly participants (MyoAge).

Results

Prevalence rates of sarcopenia varied between 2% and 34% in geriatric outpatients and between 0% and 15% in healthy elderly participants. Only 1 of the outpatients and none of the healthy elderly participants was classified as sarcopenic according to all applied sets of diagnostic criteria (figure 1).

Conclusion

- Prevalence rates of sarcopenia vary within the same elderly population, depending on the applied set of diagnostic criteria.
- Agreement between the applied sets was minimal.
- These findings indicate the importance of defining sarcopenia and the need to reach consensus on the diagnostic criteria.

Figure 1. Number of participants identified as having sarcopenia according to the applied sets of diagnostic criteria