

Review of: "[Review] Sarcopenia in Coronavirus Disease (COVID-19): All to Know from Basic to Nutritional Interventions from Hospital to Home"

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The article titled "Sarcopenia in Coronavirus Disease (COVID-19): All to Know from Basic to Nutritional Interventions from Hospital to Home" examines the relationship between sarcopenia and COVID-19, discussing its clinical implications and nutritional interventions. The significance of sarcopenia as a significant consequence of hospitalization, impacting patient morbidity and mortality, is highlighted. The underlying mechanisms of sarcopenia and its connection to COVID-19 are explored. Furthermore, the article provides a comprehensive review of the current scientific literature on the correlation between sarcopenia and COVID-19.

However, there are areas that require further improvement. The article lacks updated data on the incidence and prevalence of sarcopenia and COVID-19 in hospitalized patients and post-hospitalization. Additionally, while the importance of nutrition is emphasized, there is a lack of in-depth analysis of effective nutritional strategies and appropriate dosages. Such information would be crucial to guide healthcare professionals in implementing evidence-based nutritional interventions.

Another gap is the absence of discussion on non-pharmacological approaches beyond nutrition. Complementary therapies such as exercise and rehabilitation have been studied in relation to sarcopenia and may play a significant role in the muscular recovery of COVID-19 patients. Including these approaches within the context of sarcopenia and COVID-19 would provide valuable insights for a more comprehensive understanding of treatment.

In terms of structure, the article could benefit from better organization and division into clearly identified sections.

Overall, the article addresses a relevant topic and provides useful information on the relationship between sarcopenia and COVID-19. However, improvements in the mentioned areas would strengthen the study's quality and enhance its scientific contribution.