

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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Potential competing interests: No potential competing interests to declare.

COVID 19 has become a worldwide pandemic with high rates of hospitalizations, prolonged treatments, multiple comorbidities, and persistent outcomes. It has introduced the world to lot of new medical challenges and compelled us to improvise our understanding of them and come up with plans to manage them. This paper talk about all major aspects of sarcopenia in COVID 19 including the mechanisms involved, monitoring associated, evaluation, its impact on COVID related outcome, and treatment. It covers the basics of every aspect of sarcopenia and is a good read for getting an overview understanding of it, with good emphasis on its pathophysiology and its overlap with COVID 19 pathophysiology. Overall, a higher prevalence of sarcopenia, has a higher morbidity, mortality, dependency, and disabilities in COVID 19 patients. However, the review could have been a bit more elaborate and somewhat more detailed elaborating its management and outcomes. The discussion of depression in sarcopenia is too premature, should have been discussed in more detail focusing on the pathophysiology. This review doesn't help to move the field of expertise forward.