

Screening for Sarcopenia (saar-ko-pee-ni-uh)

If you have recently experienced difficulties with daily activities, balance, or falls, this self-assessment can help you to determine if Sarcopenia may be the cause. Sarcopenia is the loss of muscle and strength that can happen when someone gets older and does less physical activity. Despite being common among older adults, most people are not aware of Sarcopenia.

Read the questions below and fill in the number that best reflects the level of difficulty you experience.

	Qu	Score		
	How much difficulty do you have in lifting and carrying 10 pounds?			
	0 None	1 Some	2 A lot / Unable	
Â	How much difficulty do you have walking across a room?			
	0 None	1 Some	2 A lot / With aids / Unable	
	How much difficulty do you have transferring from a chair or bed?			
	0 None	1 Some	2 A lot / Unable without help	
	How much difficulty do you have climbing a flight of 10 stairs?			
	0 None	1 Some	2 A lot / Unable	
2	How many times have you fallen in the past year?			
	0 None	1 1–3	2 4 or more	
			TOTAL	

Response totals range from 0–10. If your total score is **4 or more**, talk to your health care professional about sarcopenia.



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