






Stronger than Sarcopenia



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.

Question		Score
	How much difficulty do you have in lifting and carrying 10 pounds? <div style="display: flex; justify-content: space-around; margin-top: 5px;"> 0 None 1 Some 2 A lot / Unable </div>	
	How much difficulty do you have walking across a room? <div style="display: flex; justify-content: space-around; margin-top: 5px;"> 0 None 1 Some 2 A lot / With aids / Unable </div>	
	How much difficulty do you have transferring from a chair or bed? <div style="display: flex; justify-content: space-around; margin-top: 5px;"> 0 None 1 Some 2 A lot / Unable without help </div>	
	How much difficulty do you have climbing a flight of 10 stairs? <div style="display: flex; justify-content: space-around; margin-top: 5px;"> 0 None 1 Some 2 A lot / Unable </div>	
	How many times have you fallen in the past year? <div style="display: flex; justify-content: space-around; margin-top: 5px;"> 0 None 1 1-3 2 4 or more </div>	
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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To learn more, please visit [womenshealth.gov/sarcopenia](https://www.womenshealth.gov/sarcopenia).

