

# Predictive Value of Nutritional Risk for All-Cause Death and Functional Outcomes in Chinese Elderly Patients with Acute Stroke: A 3-Year Follow-Up Study [Letter]

Xiaoqin Qiu<sup>1</sup>, Yuechou Nong<sup>2</sup>

<sup>1</sup>Department of Nursing, The Guangxi Hospital of the First Affiliated Hospital of Sun Yat-sen University, Nanning, Guangxi, 530021, People's Republic of China; <sup>2</sup>Department of Endocrinology and Metabolism, The Guangxi Academy of Medical Sciences, the People's Hospital of Guangxi Zhuang Autonomous Region, Nanning, Guangxi, 530021, People's Republic of China

Correspondence: Yuechou Nong, Email yuechou\_gx@163.com

## Dear editor

Newly, we had paid attention to the published paper entitled “Predictive Value of Nutritional Risk for All-Cause Death and Functional Outcomes in Chinese Elderly Patients with Acute Stroke: A 3-Year Follow-Up Study” by Cong WJ team in *Clinical Interventions in Aging*.<sup>1</sup> We appreciate this study and congratulate them on their performance.

This study explored the predictive value of nutritional risk for all-cause mortality and functional outcomes in elderly patients with acute stroke. Based on the nutritional risk screening 2002 (NRS-2002) and geriatric nutritional risk index (GNRI), the primary all-cause mortality endpoint event and the secondary poor prognosis outcome were assessed in a total of 479 elderly patients with acute stroke. They found that patients with moderate and severe malnutrition had a higher risk of all-cause death at 3 months and at 3 years and a higher risk of adverse functional outcomes at 3 months. They concluded that nutritional risk increased the risk of poor short-term and long-term endpoint events in elderly patients with acute stroke.

We believe that only by improving the following points can the conclusions of this study have a stronger guiding effect on routine clinical practice. Firstly, absence of information on Vitamin D levels in participants. Regardless of conventional risk factors, vitamin D insufficiency, especially its severe form, is related to an elevated risk of cardiovascular events (stroke, coronary heart disease, and mortality).<sup>2</sup> Notably, it is pretty typical for older Chinese people to be deficient in vitamin D.<sup>3</sup> Additionally, absence of information on bone metabolism. Osteoporosis is a twin disease with stroke.<sup>4</sup> Meanwhile, osteosarcopenia caused by decreased appetite is closely related to malnutrition.<sup>5</sup>

Although we applaud this research work, we still believe that only further improving the research design can obtain more convincing conclusions.

## Disclosure

The authors report no conflicts of interest in this communication.

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<https://doi.org/10.2147/CIA.S464063>