

Comment on “Are inflammatory and malnutrition markers associated with metabolic syndrome in patients with sarcoidosis?”

Juncai Tu¹ , Xiaofei Li^{1*} 

Dear Editor,

We were very pleased to read the article entitled “Are inflammatory and malnutrition markers associated with metabolic syndrome in patients with sarcoidosis?” by Isik and his colleagues¹. In this article, the authors revealed that neutrophil-to-lymphocyte ratio and controlling nutritional status are associated with the metabolic syndrome (MetS)⁺ in sarcoidosis patients. Thus, close monitoring of neutrophil-to-lymphocyte ratio and controlling nutritional status increase in terms of MetS and immune malnutrition may be important in sarcoidosis patients. This study provides very valuable insight for the prevention of sarcoidosis. However, some concerns arise from our point of views.

The main problem of this study was that baseline characteristics differed significantly between the two groups (i.e., the

MetS⁺ sarcoidosis patients vs. sarcoidosis patients). There was a statistically significant difference between the groups in terms of gender and the presence of diabetes mellitus, hypertension, and glucose. In this study, a total of 253 patients, i.e., 94 sarcoidosis with MetS patients and 159 sarcoidosis without MetS patients, were included.

Chronic diseases such as MetS are known to be often accompanied by a low-grade inflammatory response. Changes in neutrophil-to-lymphocyte ratio may be a concomitant phenomenon of MetS.

AUTHORS' CONTRIBUTIONS

JT: Data curation, Formal analysis, Writing – original draft.

XL: Conceptualization, Writing – review & editing.

REFERENCE

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syndrome in patients with sarcoidosis? *Rev Assoc Med Bras* (1992). 2021;67(12):1779-84. <https://doi.org/10.1590/1806-9282.20210689>

¹Yiwu Central Hospital, Department of infectious diseases – Zhejiang, China.

*Corresponding author: xiaofeili2000@163.com

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