

EXPERIENCE

THE BIOLOGY OF FRAILITY

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Frail Elder



Complex Surgery



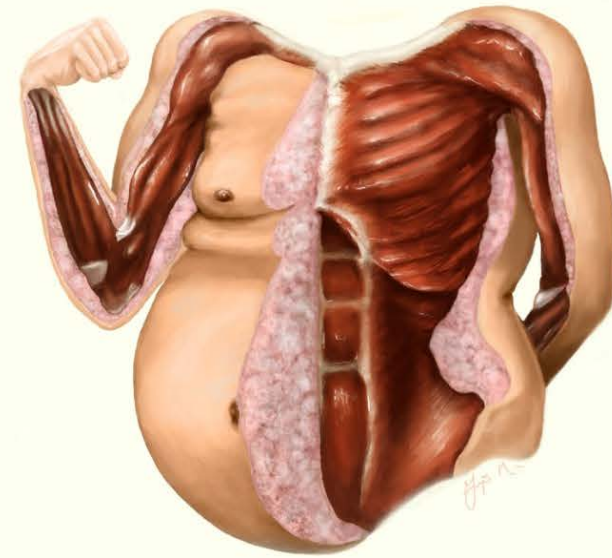
Frailty Linked with Muscle Mass/Sarcopenia



Healthy



Thin/sarcopenic
Muscle



Obese/sarcopenic



Government Funded Research Outcomes:



\$150K – National funds

- Examining the biology of frailty
- Loss of 5% of muscle mass/day in bed



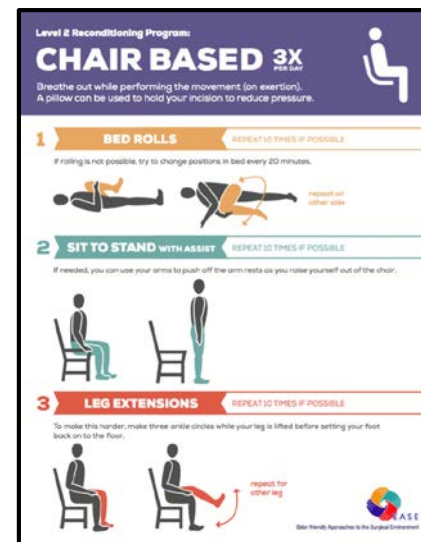
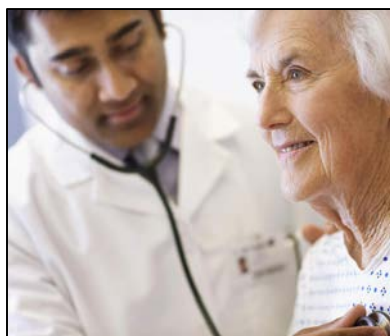
- Muscle mass measured by CT scan can predict surgical outcome
 - Post-operative complications & death



Elder-friendly Approaches to the Surgical Environment (EASE) Study



\$750K – Provincial funds



- Decreased rates of delirium (confusion) after surgery
 - 26% to 9%
- Improved strength following surgery
 - More Sit-to-Stands by discharge
- Decreased Length of Stay
 - 14.5 to 9.7 mean days = 34% less hospital stay

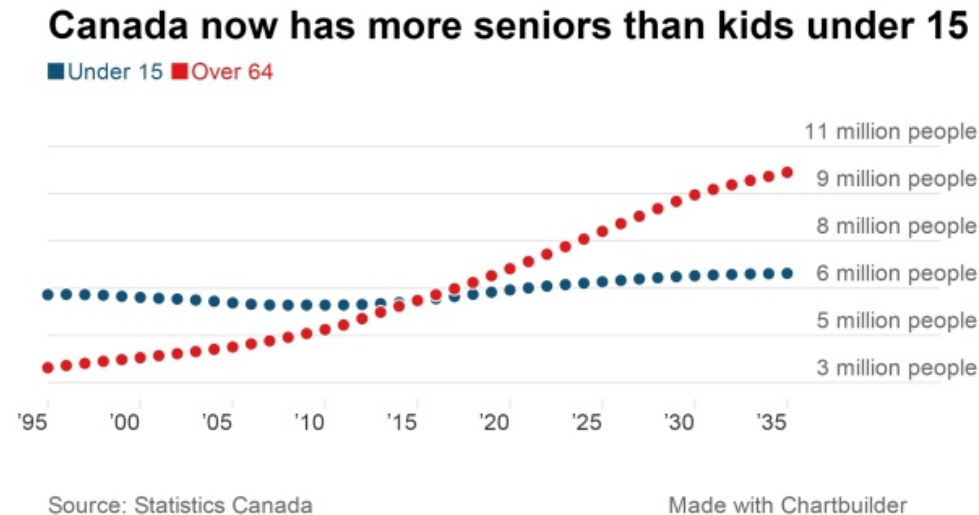


Implement Canada Wide



How You Can Help

- By 2030 there will be > 9 million seniors



- \$3.6 billion savings in 1 year with 30% ↓ hospital stay
- Investment to Implement - \$5 million

www.drkhadaroo.com

