EXPERIENCE
THE BIOLOGY OF FRAILTY

Rachel G. Khadaroo MD PhD FRCSC
Associate Professor of Surgery
Department of Surgery and Critical Care Medicine
University of Alberta, Edmonton, Alberta, Canada
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

![Graph showing the increase in seniors over the years.](chart)

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

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