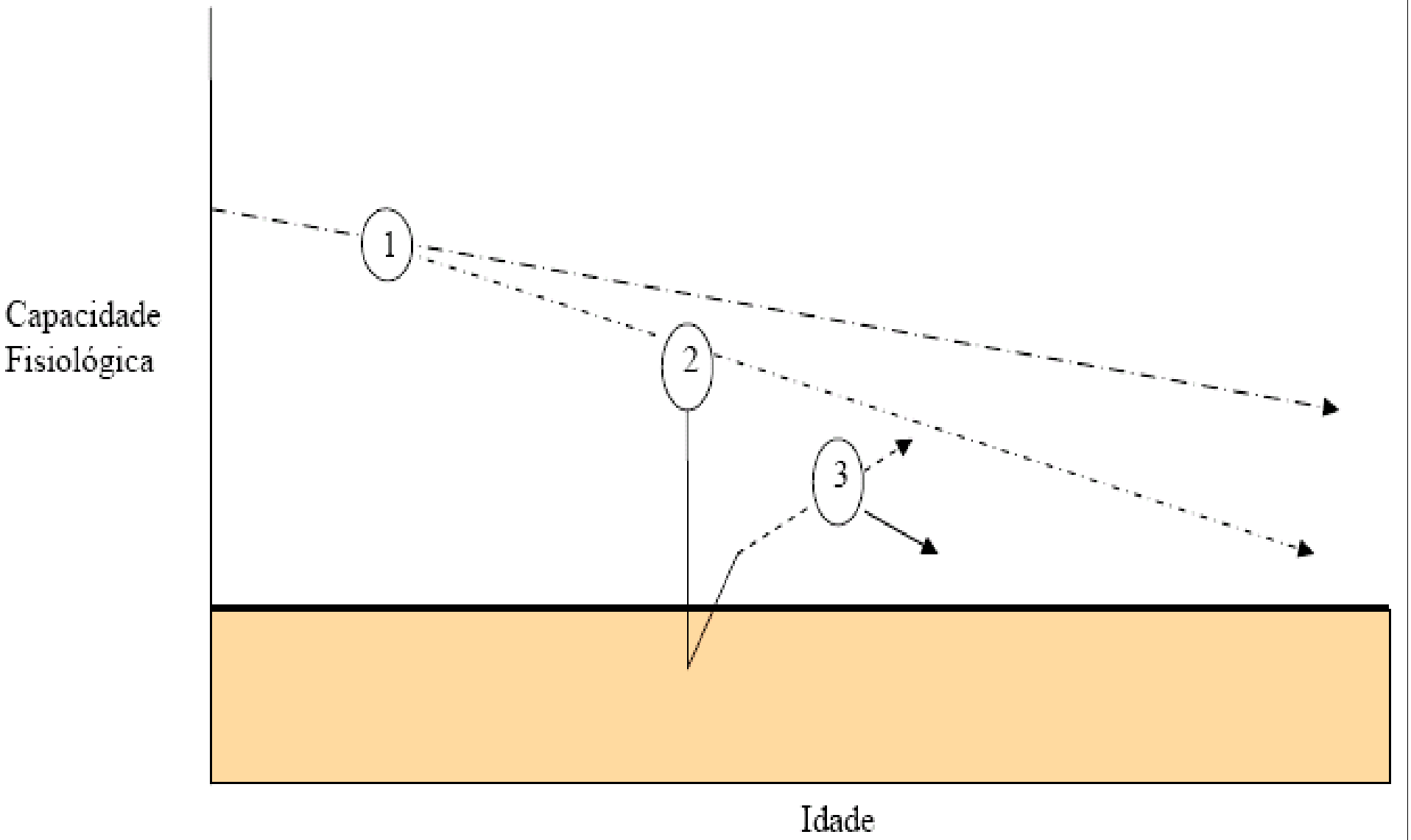
ACADEMIA LATINOAMERICANA
DE MEDICINA DEL ADULTO MAYOR
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IX Curso ALMA, Ciudad de Panamá – Panamá
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Programa Académico Sobre Cuidados Paliativos en el Anciano

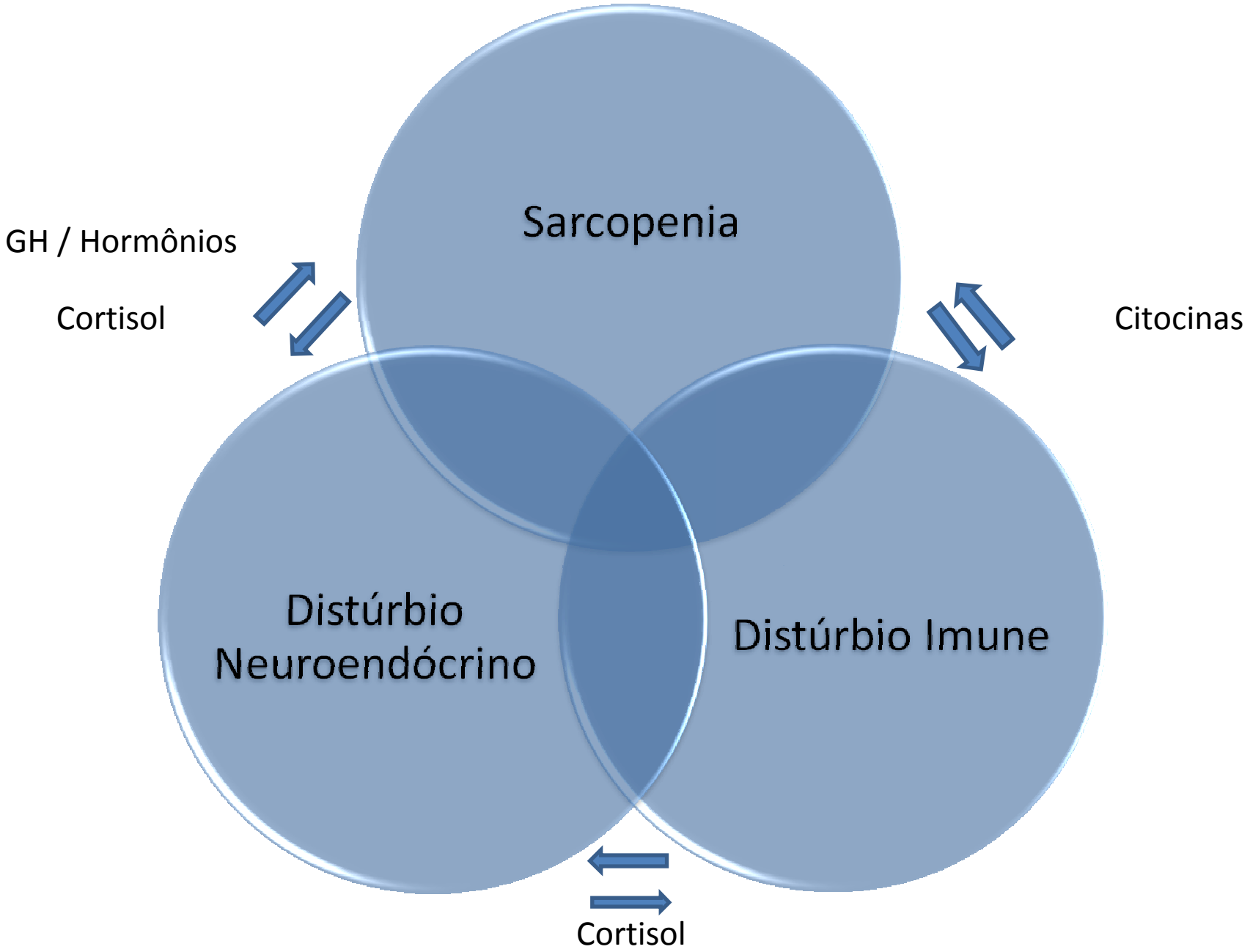


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RenataMaciulis Dip
Diogenes Arjona
Mauricio Cardenas



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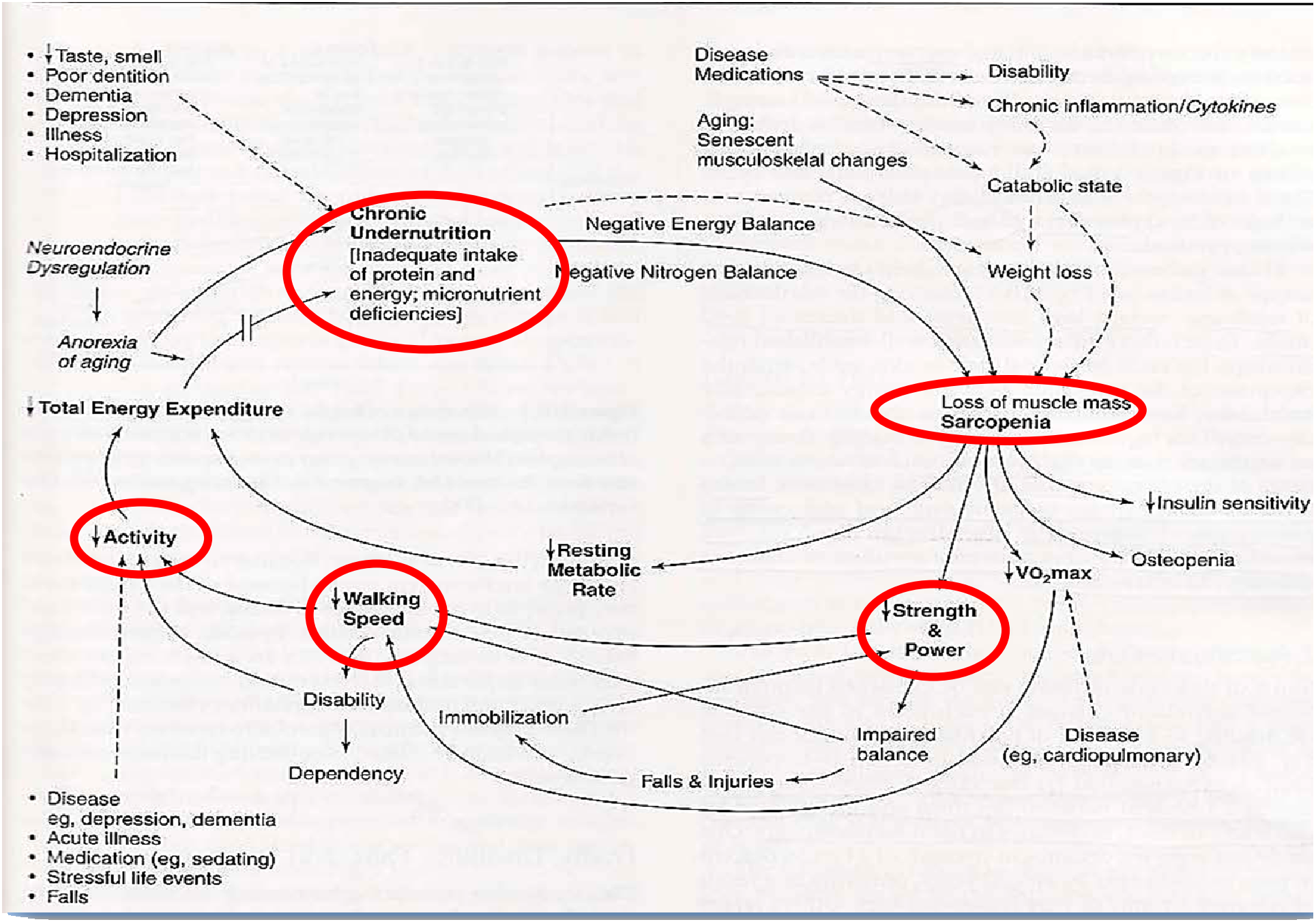


Hazard, W. & col. *PrinciplesofGeriatricandGerontology*. 5º Ed. 2003 - MCGrawn Hill.

Componentes da Síndrome da Fragilidade

Fonte	Mobilidade	Força	Equilíbrio	Cognição	Nutrição	Resistência	Atividade Física	Processo Motor
Winograd	X			X	X		X	
Ory	X	X	X	X		X		
Pedergast		X	X			X		X
Rockwood				X				
Tinetti	X	X						
Gill	X		X					
Campbell		X	X	X	X	X		X
Dayhoff		X	X					
Strawbridge	X			X	X			
Chin					X			
Vellas		X			X	X	X	
Brown	X	X	X					X
Fried	X	X			X	X		
Saliba	X							

Ferrucci L, Guralnik JM, Studenski S, et al. Designing Randomized, Controlled Trials aimed at preventing or delaying functional decline and disability in frail, older person: a consensus report. J Am Ger So. 2004; 52:625-634.



Fried, L, Waltson J. Frailty in Older Adults: Evidence for a Phenotype. 2001, Vol56A, N3, M146-M156. Journal of Gerontology: Medical Sciences.

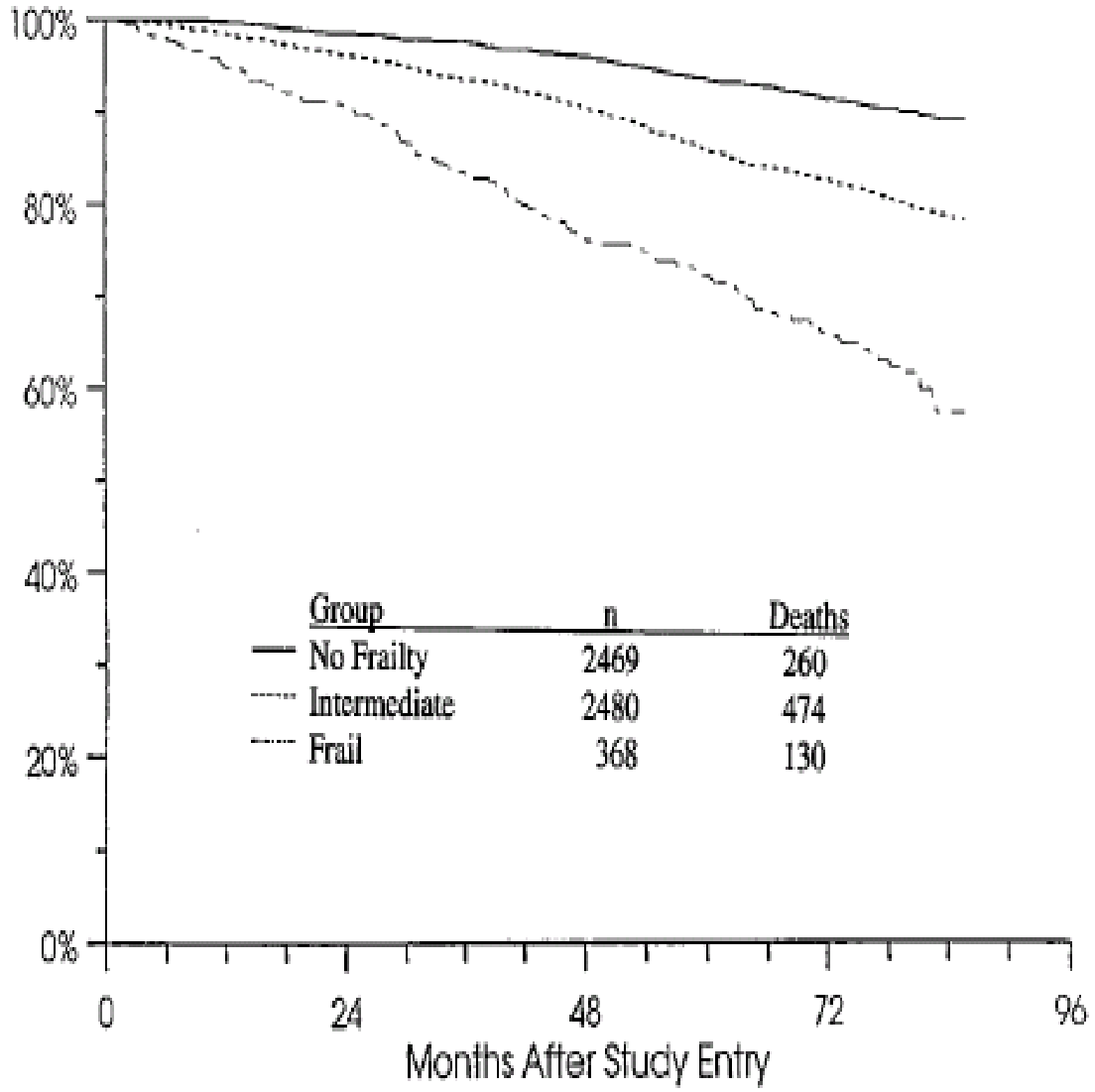
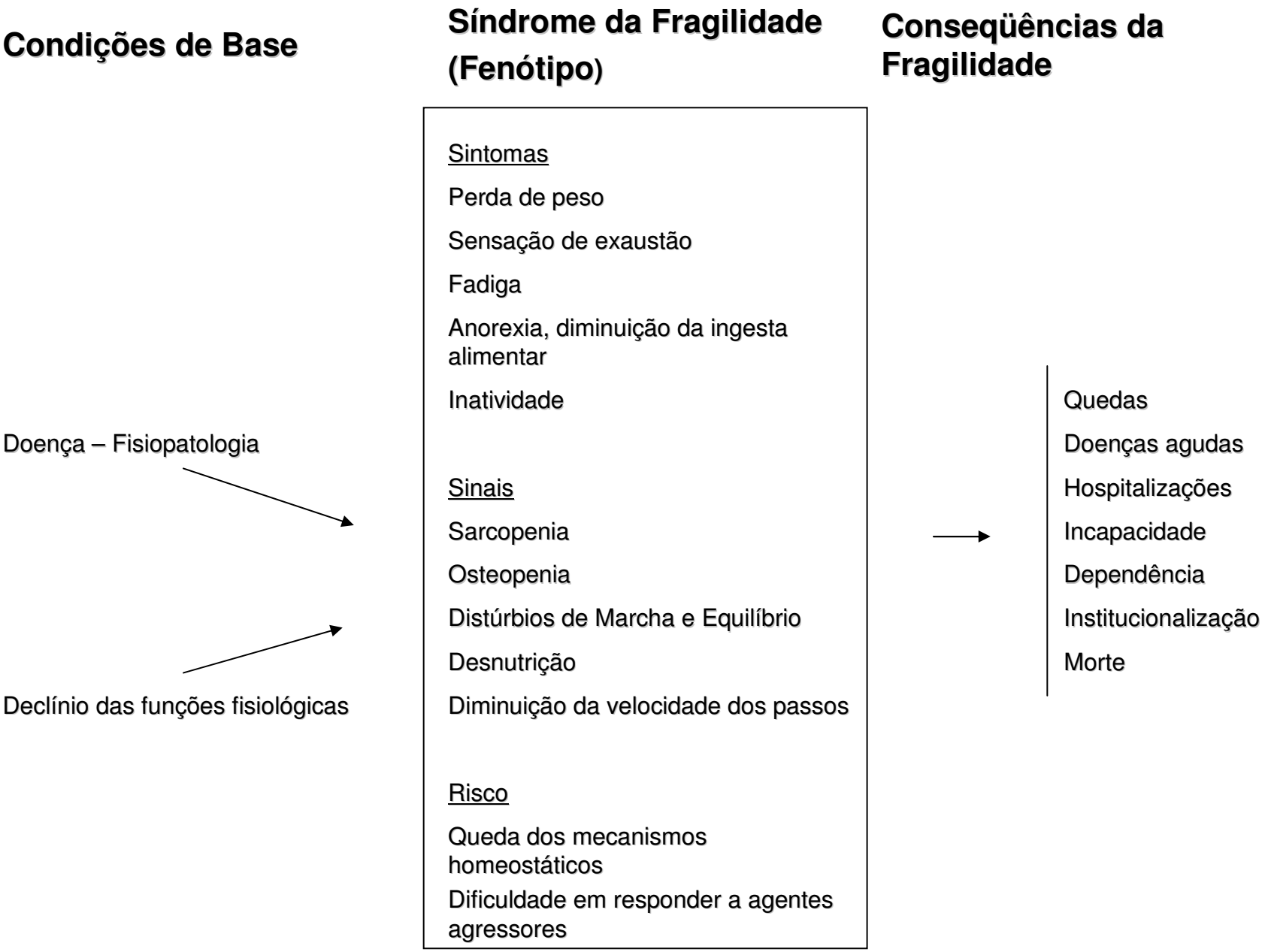


Figure 4. Survival curve estimates (unadjusted) over 72 months of follow-up by frailty status at baseline: Frail (3 or more criteria present); Intermediate (1 or 2 criteria present); Not frail (0 criteria present). (Data are from both cohorts.)

Frailty in Older Adults: Evidence for a Phenotype. Fried e Col. *Journal of Gerontology: Medical Sciences.*2001. 53(3) M146-M156



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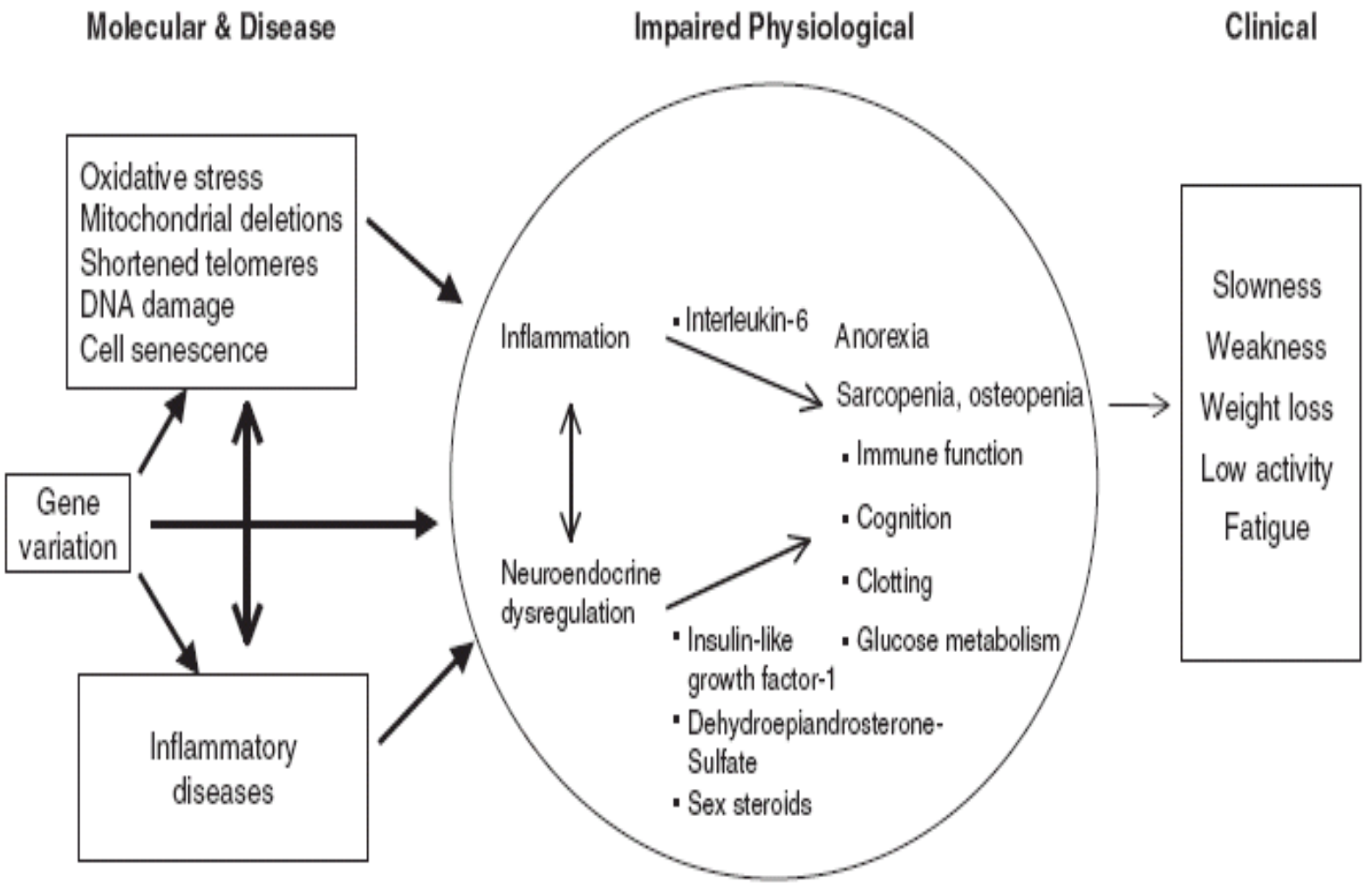
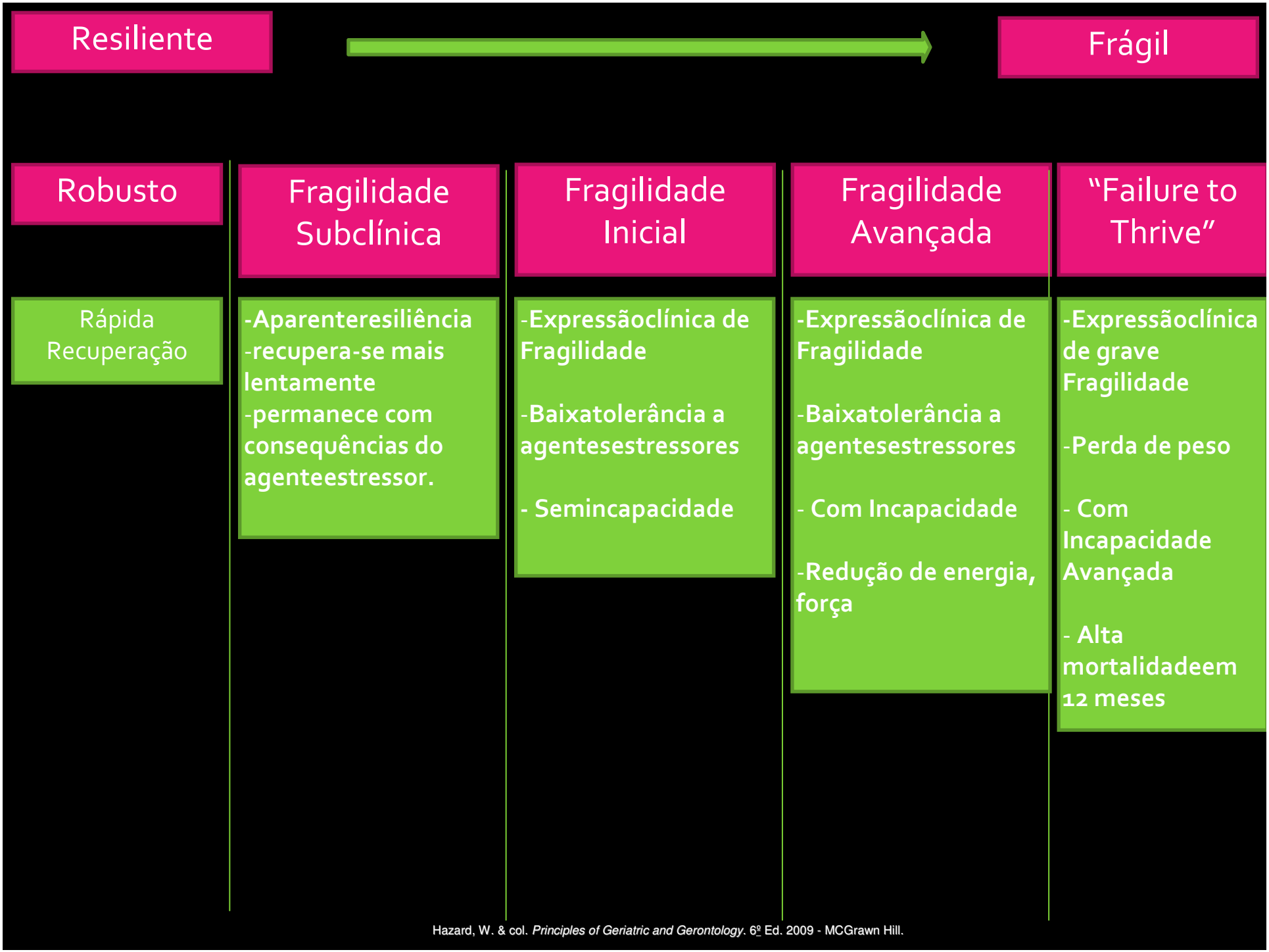
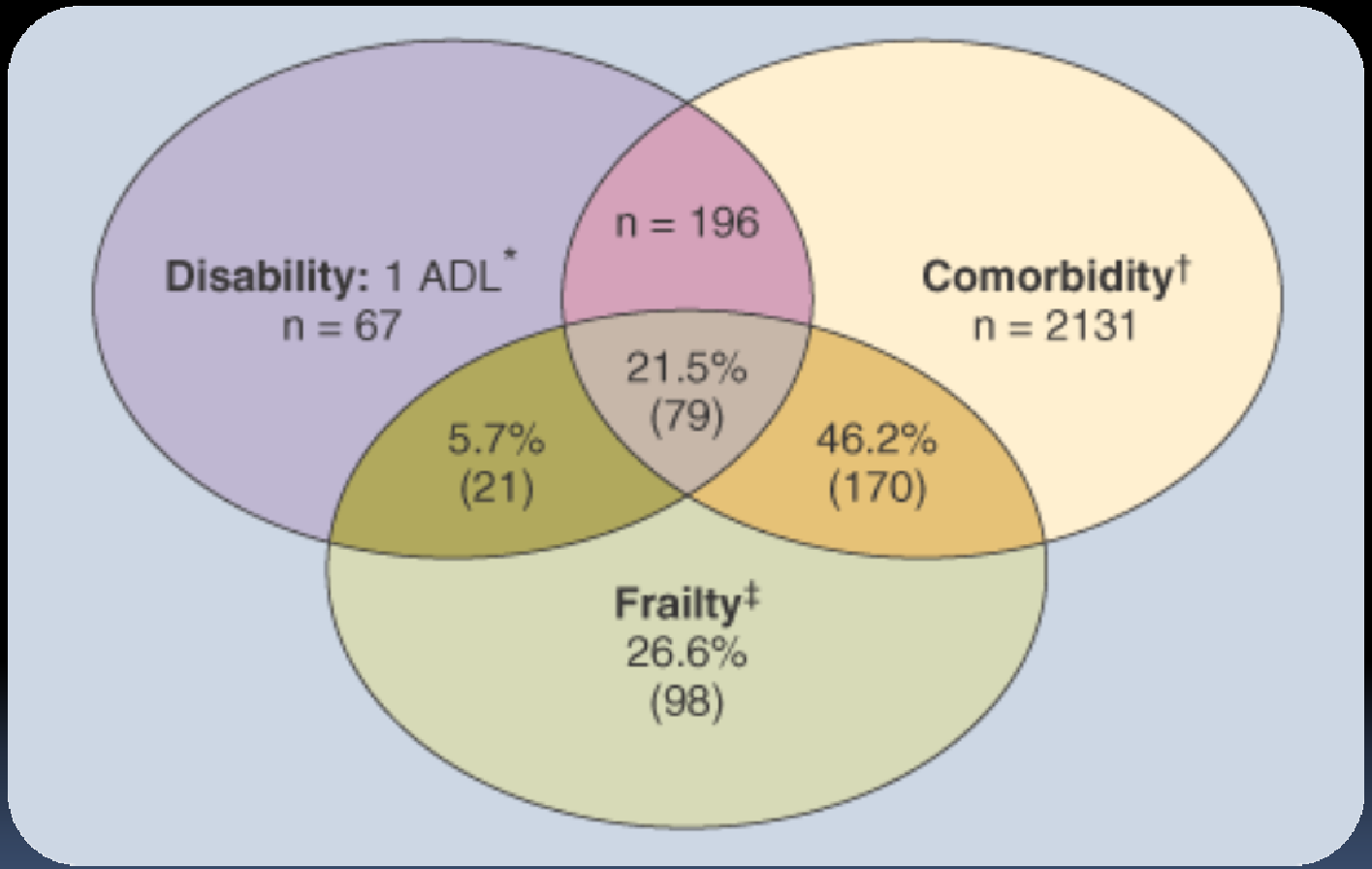


Figure 1. Overview of hypothesized molecular, physiological, and clinical pathway to frailty.[5] This modal pathway illustrates possible or probable connections between molecular, physiological, and functional decline that were discussed at the meeting. Arrows pointing in both directions illustrate potential interactions between systems.

Research Agend for Frailty in Older Adults: Toward a Better Understanding o Physiology and Etiology: Summary from the Amercian Geriatrics Siciety/National Institute on Aging Research Conference on Fraitly in Older Adults. **JAGS** 54:991-1001;2006.

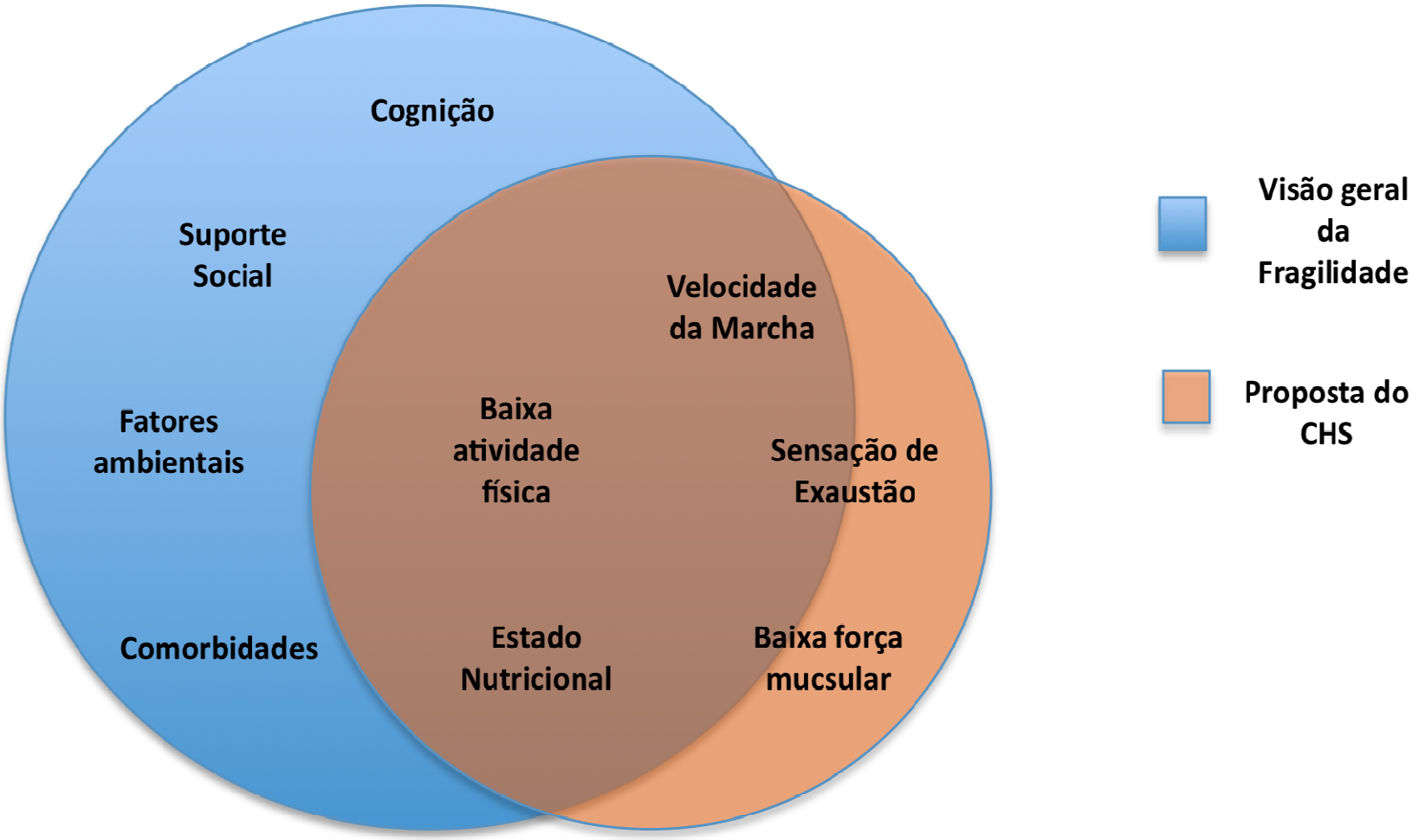


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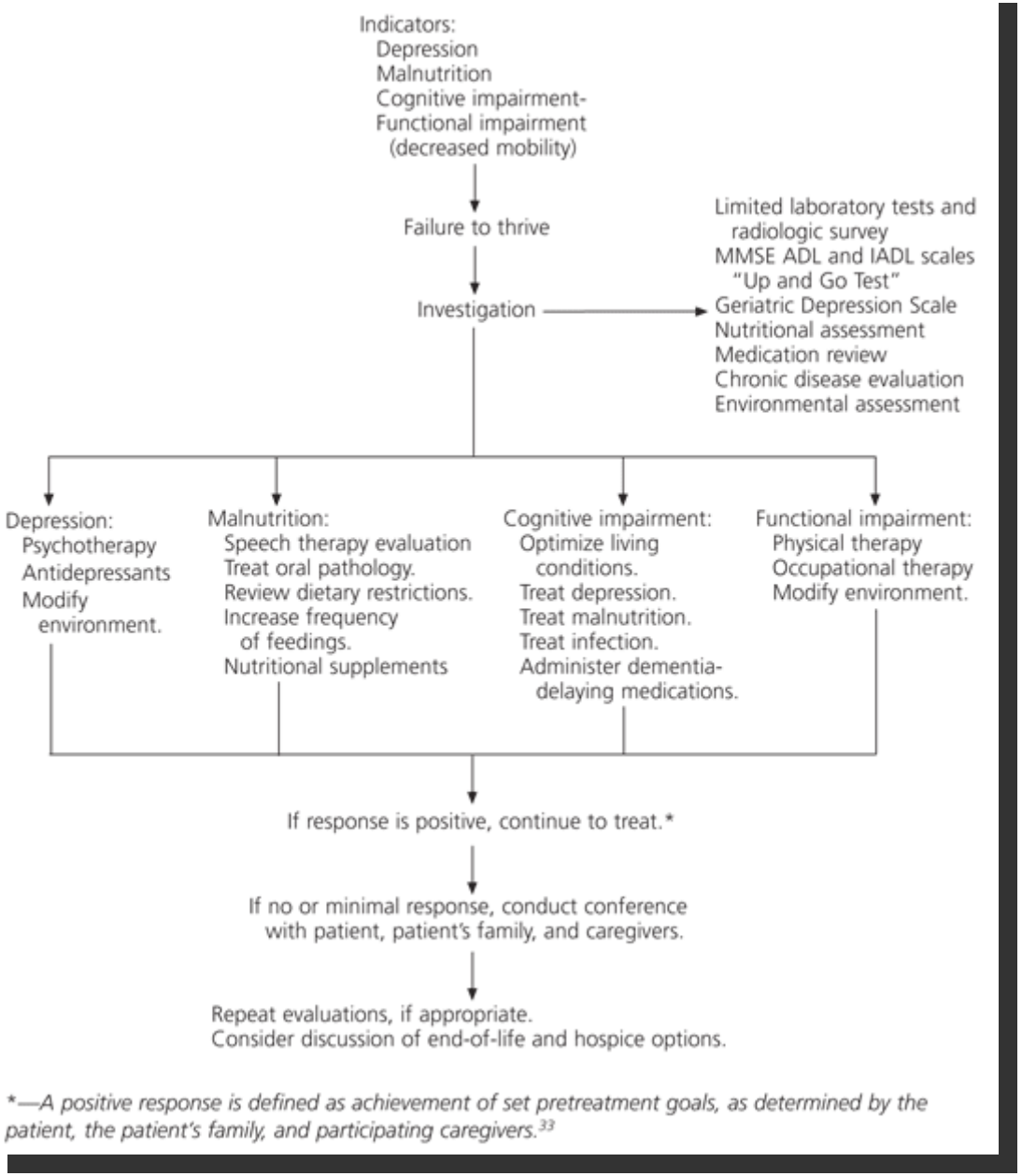


Untagling the Concepts of frailty, disability and Comorbidity. J Gerontol. A Biol. Sci. Med. Sci. 2004 59:3, 255-263

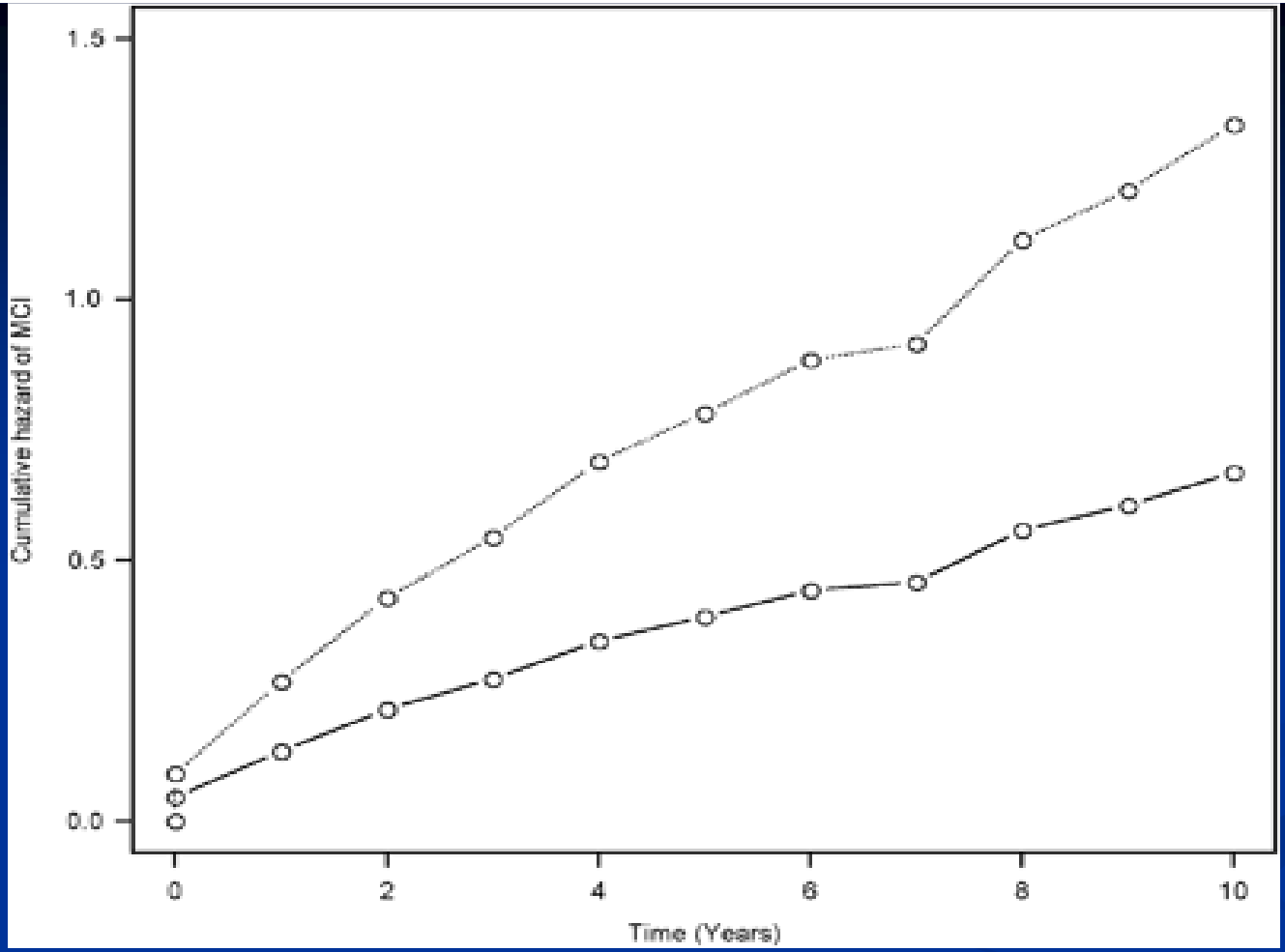
Diagrama de Venn hipotéticodemostrando a sobreposiçãoincompleta entre osachados do CHS e a noçãoconvencional de fragilidade.



Whitson HE, Purser JL, Cohen HJ. Frailty thy name is ... Phrailty? J Gerontol A BiolSci Med Sci. 2007 Jul 1;62(7):728-30.



Russel et. al. GeriatricFailure to Thrive. AmericanFamilyPhysician. 2004, julho, 15;70 (2): 343-350



Association between physical frailty and risk of mild cognitive impairment (MCI) for a typical participant with a low level of physical frailty (solid line, 10th percentile, score=–0.81) versus one with a high level of physical frailty (dotted line, 90th percentile, score=0.61).

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TREATMENT

- Is there something to be done?

- frail older people benefit from multidisciplinary multifactorial interventions particularly for falls, delirium and functional decline.

THETREATMENTTHAT HAS BEEN SHOWN TO IMPROVE MARKERS OF FRAILTY IS

muscle-strengtheningexercises

Fragilina? Fragilômetro?



