



Understanding Frailty Syndrome

What is Frailty Syndrome?

Aging is a natural physiological process, but "Frailty" is a clinical geriatric syndrome. A frail elderly person is like a battery with low power; when facing sudden stressors such as illness or falls, their ability to recover is poor. This often leads to hospitalization, loss of self-care ability, and even an increased risk of mortality.

Diseases Likely to Cause Frailty in the Elderly

- Chronic & Internal Medicine Diseases: Diabetes, hypertension (high blood pressure), chronic kidney disease, heart disease, and anemia.
- Respiratory & Neurological Systems: Chronic Obstructive Pulmonary Disease (COPD), stroke, dementia, and Parkinson's disease.
- Psychological & Nutritional Factors: Depression and malnutrition.

6 Red Flags of Frailty Syndrome

- Poor Appetite: Unexplained weight loss.
- Lack of Energy: Feeling exhausted and weak all day.
- Slow Movement: Walking slower or falling easily.
- Reduced Activity: Becoming reluctant to go out; staying home constantly.
- Low Mood: Memory decline or poor emotional state.
- Difficulty in Self-Care: Starting to require assistance with daily living activities.

Frailty Self-Assessment (Frailty is indicated if 2 or more boxes are checked)

Weight Loss: In the past year, lost more than 3 kg or 5% of body weight without intentional dieting.

Reduced Muscle Strength: Requiring armrests or assistance from others to stand up from a chair.

Easily Fatigued: In the past week, felt that everything required a great deal of effort for 3 days or more.

Frailty is More Than Just "Getting Old" — It Carries These Risks!

Without timely intervention, frailty can lead to conditions that severely impact the quality of life:

- Cognitive Confusion: Significant memory loss, poor concentration, or even a reversal of day and night (sleep cycle disruption).
- Doubled Fall Risk: Weak muscle strength and poor balance lead to a high risk of falls, resulting in fractures or trauma.
- Decline in Physical Mobility: Falling into a "vicious cycle" of "inactivity → muscle loss → further reluctance to move," eventually leading to becoming bedridden.
- Increased Hospitalization and Death Risk: Lowered resistance to disease means a simple cold or minor surgery could escalate into a critical condition.

Reversing Frailty: The "Healthy Trilogy"

- Sufficient Nutrition - High-Quality Protein Consume foods like soy products, fish, eggs, and meat. Note: If there are dietary restrictions, please consult a professional dietitian for personalized advice.
- Sunlight for Vitamin D Recommendation: 15 minutes of sun exposure during early morning or late afternoon when the sun is milder. Benefit: Helps the body synthesize Vitamin D3, which strengthens bones and improves muscle quality.
- Regular Exercise Aerobic Exercise:
 - Brisk walking, stationary cycling, or swimming (at least 3 times a week).
 - Strength Training: Focus on lower body strengthening and stretching to prevent falls and stiffness.
 - Reminder: If discomfort occurs during exercise, seek professional guidance to avoid injury.

Wishing you good health, peace, and good fortune.
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