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Journal of Research in Indian Medicine
An Official Publication of Bureau for Health & Education Status Upliftment
(Constitutionally Entitled as Health-Education, Bureau)

JRIM

Nutrition and Surgical Patients in Their Golden Years

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ABSTRACT

Malnutrition is common among the elderly surgical patients. The surgical injuries to tissues cause a cascade of endocrine and metabolic changes which can impede full recovery after surgery. Active screening for malnutrition, proactive preoperative intervention and nutritional support postoperatively have all been shown to reduce breakdown of muscle mass, reduce catabolism and insulin resistance due to surgical injuries and reduce postoperative complications.

Keywords: elderly, malnutrition, insulin resistance, perioperative catabolism, perioperative nutritional support.

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Website: <http://heb-nic.in/jrim>

Received on 24/03/2022

Accepted on 19/04/2022 © HEB All rights reserved

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