

Understanding Frailty

認識衰弱症

【中、英文對照版】



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一、什麼是衰弱?

I. What is frailty?

衰弱不是一種疾病，而是身體功能逐漸衰退的症候群。

Frailty is not a disease but a syndrome of gradual decline of body functions.

二、六大危險訊號?

II. Six Risky Signals?

- 1.胃口不好、體重減輕
- 2.疲倦無力、提不起精神
- 3.走路變慢、容易跌倒
- 4.出門次數減少、活動量減少
- 5.記憶力變差、心情變差
- 6.生活自理變差、需要他人協助

- 1.Poor appetite and weight loss
- 2.Tiredness and lack of energy
- 3.Slower walking and easy to fall
- 4.Fewer trips and reduced activities
- 5.Poor memory and bad mood
- 6.Poor self-care and need for assistance from others

三、那些疾病容易造成衰弱症?

III. What diseases can easily cause frailty?

心臟病、高血壓、糖尿病、慢性腎臟病、慢性阻塞性肺病、貧血、失智症、中風、帕金森氏症等、憂鬱症、營養不良

Heart diseases, hypertension, diabetes, chronic kidney diseases, chronic obstructive pulmonary disease, anemia, dementia, stroke, Parkinson's disease, depression, malnutrition, etc.

四、如何知道自己或家人有衰弱症?

IV. How do you know that you or your family members have frailty?

65 歲以上長者，在沒有刻意減重情況下

- 1.與一年前相比，您體重是否減少超過 3 公斤? (體重減輕)
- 2.您是否無法在沒有扶手的椅子，起立坐下連續 5 次? (下肢功能)
- 3.您是否感到疲憊或對事情提不起勁 3 天以上? (精力降低)

有一項表示懷疑為衰弱前期，二項以上則為衰弱症。

For the elderly aged above 65 who lost weight with no intention,

1. Have you lost weight for more than 3 kilograms compared with previous year? (Weight loss)
2. Are you unable to stand up and sit down for 5 consecutive times in a chair without armrests? (Lower limb function)
3. Do you feel tired or bored for more than 3 days? (Vigor reduction)

With one of such phenomena, it is suspected as early-stage frailty; with two or more of the such phenomena, it is frailty.

五、衰弱症引起的後遺症?

V. What sequelae would be caused due to frailty?

1. 認知功能混亂、記憶力減退、日夜顛倒
 2. 容易跌倒、受傷、失能或殘障
 3. 身體活動力下降
 4. 反覆住院、提高死亡率
1. Cognitive confusion, memory loss, and inverted circadian rhythm of melatonin
 2. Easy to fall or get injured, and become incapable or disabled
 3. Decline of physical motility
 4. Repeated hospitalization and increase of mortality

五、衰弱怎麼辦?

VI. What shall we do to handle frailty?

1. 平時有定期就醫需求的人

建議與自己家庭醫師諮詢並前往老年醫學科、家醫科、復健科等就醫檢查及評估。

1. People with periodic medical needs

It is suggested that these people should consult with their family physicians and go to department of geriatric medicine, department of family medicine, department of rehabilitation, etc. for medical examinations and assessment.

2. 平時沒有定期就醫需求的人

建議尋找有整合醫療與老人衰弱介入能力的醫療機構與醫師協助，並前往上述科別就診。

2. People without periodic medical needs

It is suggested that these people should seek assistance from medical institutions and physicians capable of integrating medical care and intervening with the frailty of the elderly and go the aforesaid departments for medical consultation and treatment.

六、如何預防衰弱症?

VII. How to prevent frailty?

1. 規律運動

- ① 增進肌耐力柔軟度，例如拉筋運動、拉彈力帶。
- ② 有氧運動，例如慢跑、快走、爬山。
- ③ 加強平衡感，例如太極拳。

1. Regular exercise

A. Enhance muscle endurance and flexibility, e.g., stretching exercise and elastic band pulling.

B. Engage in aerobic exercise, e.g., jogging, fast walking and mountain climbing.

C. Improve the sense of balance, e.g., Tai Chi

2. 營養充足

- ① 均衡攝取六大類食物
- ② 足夠熱量、維生素及礦物質
- ③ 攝取優質蛋白質，例如魚、肉、蛋等

2. Sufficient nutrition

A. Balanced ingestion of six kinds of food

B. Sufficient calories, vitamins and

minerals

C. Ingestion of high-quality proteins, e.g., fish, meat, egg, etc.

愛的叮嚀~

衰弱不等於失能，也不是年老必經的過程。唯有早期發現及介入治療，才有機會讓衰弱老人功能恢復，避免後續衍生出的不良預後。

Reminders:

Frailty is neither equal to incapacity, nor a necessary process for the elderly. The functions of feeble senior citizens may be recovered only with early discovery and interventional treatment so as to avoid subsequent adverse prognosis.

老人衰弱症不容忽視

期待未來老人不只活得長壽，更能過得健康有品質。

Frailty in the elderly cannot be overlooked.

We expect that the elderly live not only a long, but healthy life with quality.



- 自我評量(是非題)**
- () 1.衰弱等於失能，需早期發現及介入治療。
 - () 2.衰弱症會引起跌倒、受傷、失能或殘障等後遺症。
 - () 3.老人衰弱，可前往老年醫學科、家醫科、復健科等就醫檢查及評估。
 - () 4.規律運動、攝取優質蛋白質，可預防衰弱症

請寫下您的問題

Please write down your questions:

Self-assessment (true/false questions)

- () 1. Frailty equals to disability and early discovery and interventional treatment are needed.
- () 2. Frailty could result in sequelae like fall, injury, incapacity or disability.
- () 3. The elderly with frailty may go to department of geriatric medicine, department of family medicine, department of rehabilitation, etc. for medical examinations and assessment.
- () 4. Regular exercise and ingestion of high-quality proteins can prevent frailty.

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