






Redesigning care for older people to preserve physical and mental capacity: WHO guidelines on community-level interventions in integrated care

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Hand Grip Strength and Evidence Based Medicine

Posted by **Puliyel** on **08 Nov 2019 at 04:33 GMT**

Hand grip strength and gait speed are considered objective measures of the frailty syndrome which is associated with cardiovascular mortality (1). These are merely manifestations of the inexorable shortening of the telomeres and there is no suggestion that exercise induced improvements in hand grip can slow the 'muffled drums beating funeral marches to the grave'.

We were therefore intrigued to note that the 'evidence-based' WHO guidelines for the elderly, recommends multimodal exercises to those identified by slow gait speed and poor hand grip strength (2).

They say that those who live by the sword must be prepared to die by the sword. If one swears by evidence based medicine, then evidence needs to be provided that persons with poor hand grip strength are likely to benefit more from these exercises than those who are weak but have preserved hand grip strength.

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No competing interests declared.

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