

*Physical Disabilities
Through the Lifespan*



Aging Issues: Cardiopulmonary and Renal Impairments

July 22, 2003



State of the Field

- Increasing Burden of Cardiac, Pulmonary and Renal Disease Related Disabilities
- Heart Failure Disability Associated with Nutrition, Exercise and Depression
- Sarcopenia is a Primary Disability Element
- Renal Failure: Increasing Diabetes Co-Morbidity
- Daily Exercise Decreasing and Obesity Increasing
- Asthma Associated Work Absences Increasing

Physical Disabilities Through the Lifespan



Problems/Concerns/Issues

- Payment for Secondary Prevention Treatments (e.g. exercise, nutrition)
- Incentives for Reducing Obesity, Tobacco Use, and Increasing Daily Exercise
- Systems Perspective to Address Aging and Chronic Disease to Stratify/Treat Patients
- Disability Associated with Immune Modulation and Inflammation
- Peer Training and Education for Families, Communities & Cultures



Research Priorities

- **Prevention and Education**
 - Establish public education programs for exercise and nutrition related to chronic diseases and aging
 - Develop treatment guidelines for exercise and nutrition associated with the co-morbidities of chronic diseases
 - Restore P.E. training in school systems



Research Priorities (cont'd)

- **Understand sarcopenia mechanisms associated with chronic diseases**
 - susceptibility to disability
- **Launch approaches to improve patient stratification and treatment**
- **Re-engineer kidney dialysis (national initiative in regenerative medicine)**