

Masterclasses

M14.2**Geriatric Pearl****13:15 Room 423 & Room 424****Geriatric Paradox***Au Yeung TW**Department of Medicine and Geriatrics, Pok Oi Hospital, Hong Kong*

A paradox is a statement that leads to a contradiction or a situation which defies logic or reason. In the context of geriatric medicine, it refers to the condition that a risk factor for adverse health outcomes in general adult medicine may become a protective factor for older persons. Following the same rational, treatment guidelines or targets for various diseases derived from clinical trials in robust participants may not be applicable in older patients who are frail with multiple co-morbidities and competing mortality. In this presentation, the paradoxical relationship between obesity, blood pressure, glycaemic targets and adverse outcomes will be discussed to illustrate the importance of individualised therapy in patients who are old and frail.