

Nutrition in Orthopaedics: We need a new lifestyle!

I. Total joint model

A. Pre-operative optimization

1. Obesity
2. Laboratory evaluation
3. Medical evaluation
3. What is modifiable?

B. Peri-operative management

1. Anesthesia - dehydration
2. Acute glucose control

C. Improving Outcomes

1. Faster recovery
2. Less infection
3. Other models - emergent vs. elective

II. Nutrition epidemic

A. Obesity/ childhood at all time highs

B. Who is to blame? Government, media, science?

C. What can be done?