



Arora: “NEW” approach shows potential to improve cardiac surgery outcomes

With advances in healthcare practices improving overall life expectancy, there has been a resultant higher prevalence of older patients undergoing complex cardiac procedures – often with poorer postoperative results. A recent study published in the *Canadian Journal of Cardiology* by [Dr. Rakesh Arora](#), Principal Investigator, Heart Failure Therapy, [Institute of Cardiovascular Sciences](#), discusses a 3-way approach to “pre-condition” elderly patients for better surgery outcomes. The “NEW” approach is targeted toward improving nutritional status (N), exercise capacity (E) and worry reduction (W).

Read the full abstract: [https://www.onlinecjc.ca/article/S0828-282X\(18\)30256-3/fulltext](https://www.onlinecjc.ca/article/S0828-282X(18)30256-3/fulltext)