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Project Title

Grip strength as well as other measures of frailty in cardiovascular disease

Project Summary

Evidence suggests that a strong or weak hand grip may help measure an individual's risk for developing a cardiovascular disease. Grip strength can be measured easily in a physician office and may help identify individuals at high risk of cardiovascular disease and indicate who may need an intervention. One hypothesis explaining the link between grip strength and cardiovascular disease is that grip strength is a measure of how well one's body is functioning, also known as frailty. However, our understanding of the mechanisms explaining why grip strength may predict the occurrence of cardiovascular disease is currently limited. We will use data from the Canadian Longitudinal Study on Aging to better understand the associations between grip strength and the risk factors associated with cardiovascular disease. We will also assess whether alternative measures of frailty are more associated with cardiovascular risk than grip strength.

Keywords

Frailty, Cardiovascular disease, Mendelian randomization, Graphical models