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# Frailty, disability and survival in the elderly over the age of seventy: Evidence from “The Treviso Longeva (TRELONG) Study”

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## Abstract

Frailty is a biological syndrome of decreased reserves and lower resistance to stressors, deriving from cumulative declines across multiple physiological systems and causing adverse outcomes. Physical frailty is easy to assess, strongly correlated to disability and to survival, considering the comorbidities, too. This working definition of frailty is inexpensive to apply, and provides a basis for standardized screening for risk of disability in older adults.

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## 1. Introduction

Some elderly people lead full and active lives at home while other elderly people become less and less able to adapt to challenges from the environment. Geriatricians have recognized a syndrome of multisystem reduction in physiological capacity not related to a specific single disease and defined it “frailty”. Recent studies have begun to evaluate the usefulness of various assessment tools for “frailty” in predicting outcomes and in identifying at-risk patients (Woodhouse, 1997). Many definitions of frailty exist (Rockwood et al., 2007). Frailty can be defined as the accumulation of health-related deficits, such as symptoms, signs, or disease diagnosis (Mitnitski et al., 2005).

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