



**Frailty: Pathophysiology, Phenotype and Patient Care: 83rd Nestlé Nutrition Institute Workshop, Barcelona, March 2014 (Nestlé Nutrition Institute Workshop Series)**

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The demographic shift in the average age of the population worldwide calls for careful attention to the nutritional and health needs of the elderly. Frailty has been associated with increased disability, postsurgical complications and increased mortality; in a frail state, older adults are at greater risk for adverse outcomes, including falls and admissions to hospital and nursing homes. Despite the strong associations between frailty and subsequent poor outcomes, limited attention to this common geriatric condition has been paid in clinical settings. Emerging evidence suggests that both behavioral (nutrition and physical activity) and pharmacologic interventions may be effective in the treatment and prevention of the frailty syndrome. The papers in this book address our current understanding of the biological basis, clinical presentation and therapeutic interventions that target frailty. They highlight the transitional nature of research on the frailty syndrome and identified key unmet needs and areas for future investigation in this expanding field.

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