The group defined frailty as:

“A medical syndrome with multiple causes and contributors that is characterized by diminished strength, endurance, and reduced physiologic function that increases an individual’s vulnerability for developing increased dependency and/or death.”
Interventions for Human Frailty: Physical Activity as a Model

Clinical presentation
- ↓ Physical activity → Weight loss → ↓ Motor performance
  - → Sarcopenia → ↓ Strength
  - → Exhaustion/↓ exercise tolerance

Physiologic dysregulation
- Inflammation
  - → Altered hormones (DHEA-S, ↓GH)
    - → Stress response dysregulation (e.g., HPA axis SNS)
  - → Hematopoiesis
  - → Glucose dysregulation

Cellular and molecular dysfunction
- ↓ Free radicals
  - → ↓ Telomeres
    - → ↑ Cell senescence
  - → Mitochondrial dysfunction
    - → ↓ Poor DNA repair
6. Frailty in geriatric oncology

Oncologists were among the first clinicians and scientists to pursue a global approach to health and function in their standard diagnostic workup.

The introduction of the Karnowsky Performance Status Scale can be dated to more than 50 years ago.

This is not surprising, since oncologists deal with a disease that many times cannot be totally eradicated but that is often amenable to improved survival, autonomy and quality of life as a consequence of treatment.