The risk of osteoporosis complications in elderly individuals with frailty syndrome

Authors: Nuță Cătălina Raluca[1,2], Băjenaru Ovidiu-Lucian[1,2], Chelu Gabriela Cristina[1,2], Badea Vlad Ionut[1], Moscu Sinziana Georgeta[1], Penes Nicolae-Ovidiu[1], Herghelegiu Anna Marie[1,2], Prada Ioan-Gabriel[1,2]

1. University of Medicine and Pharmacy "Carol Davila" Bucharest
2. "Ana Aslan" National Institute of Geriatrics and Gerontology, Bucharest

Frailty is a common geriatric syndrome that represents an increased risk of severe declines in health and function among older adults. Recognized for centuries, frailty is closely associated with aging and manifests as a broader frailty syndrome, characterized by weakness, slowed movements, reduced energy, decreased activity levels, and, in severe cases, unintentional weight loss. As a frequent clinical condition in older individuals, frailty is linked to numerous health risks, including falls, disability, hospitalization, and mortality. Generally, frailty describes older adults who lose their independence.

Osteoporosis, often referred to as a "silent disease," typically presents no clinical signs until a fracture occurs. Risk factors, the FRAX algorithm, physical exams, laboratory evaluations, and imaging can help identify patients at risk for osteoporosis. The relationship between frailty and osteoporosis is rooted in the understanding that the more frail an individual is, the greater the likelihood of both prevalent osteoporotic fractures and future fracture risk. Quantifying the degree of frailty could aid in assessment, management, and decision-making for older adults at both clinical research and health policy levels.

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