Subject Index

AD, see Alzheimer’s disease
Alzheimer’s disease (AD), cognitive frailty 49, 50
Apoptosis
  aging and frailty studies 8
  INK-ATTAC transgenic mice 15
Autophagy, aging and frailty studies 8

Baltimore Hip Studies, see Hip fracture
BMD, see Bone mineral density
BMI, see Body mass index
Body mass index (BMI), frailty and mortality studies 35
Bone mineral density (BMD), hip fracture outcomes 73

CDR, see Clinical Dementia Rating
Cellular senescence
  biomarkers 13, 15
  inflammation 14, 15
  model systems 43
  senescence-associated secretory phenotype 14–16, 43
  stable growth arrest 13
  T cells 7
  therapeutic targeting 15, 16
Clinical Dementia Rating (CDR) 59
Cognitive frailty, see Psychological frailty
Congestive heart failure, frailty association 5
Cortisol, frailty studies 6, 36

Dehydroepiandrosterone (DHEA), frailty studies 36
Depression, psychological frailty 52, 53
DHEA, see Dehydroepiandrosterone
Diabetes, frailty association 5

Exercise
  frailty management
    aerobic endurance training 84, 85
    combined aerobic and resistance training 86
    frailty impact 87
    mechanisms of benefits 87, 88
    prospects for study 88–90
    recommendations 89
    resistance training 85, 86
    physical activity decline with age 84

Fat-free mass (FFM), exercise effects 85, 86
FFM, see Fat-free mass
FIT, see Frailty Intervention Trial
Fracture, see Hip fracture
Frailty
  causes 5
  clinical phenotype 42
  conceptualization 2, 3, 46, 47, 56, 57, 94
  cost-effectiveness of interventions 96, 97
  emerging definitions 60, 61
  exercise therapy, see Exercise
genomic instability studies, see Genomic instability
hormonal changes 36–38
inflammation studies 7, 35
measurement 3, 4
overdiagnosis 95, 96
physical frailty syndrome 57, 58
psychological, see Psychological frailty
sarcopenia distinction 57
screening 94, 95, 100, 101
sustained interventions 101–103
Frailty Intervention Trial (FIT) 87
Fried Frailty Index 57, 58
Functional reserve
disease effects 31, 32
frailty loss 31
longevity importance 30, 31
Genomic instability
epigenetics 20
mitochondria interplay with nucleus 21–23
mitochondrial quality control 23–25
p53 activation 21, 23
peroxisome proliferator-activated receptor-γ co-activator role 21, 22, 25
prospects for study 25, 26
ribosomal DNA role 20
telomere shortening 20, 21, 23
Geroscience, definition 12
GH, see Growth hormone
Growth hormone (GH), frailty studies 36
HbA1c, frailty association 37
Heart rate variability, frailty studies 5, 6
Hip fracture
epidemiology 71
interventions
rehabilitation programs 78, 79
timing 76, 77
treatments 77, 78
outcomes
Baltimore Hip Studies
functional recovery 74, 75
overview 72, 73
physiological losses 73, 74
survival 73
research framework 72
prospects for study 79
Hypertension, frailty association 5
IGF-1, see Insulin-like growth factor-1
IL-6, see Interleukin-6
IL-10, see Interleukin-10
Inflammation
aging and frailty studies 7, 35
cellular senescence 14, 15
hip fracture 74
Insulin-like growth factor-1 (IGF-1)
frailty studies 36, 37
longevity studies 33
Interleukin-6 (IL-6), frailty studies 6
Interleukin-10 (IL-10), aging and frailty studies 8
Life expectancy, see Longevity
Longevity
functional reserve importance 30, 31
regulators 43
trends 29, 30
MFN2, genomic instability role 25
Mitochondrial permeability transition pore (mPTP), genomic instability role 21, 23
MPS, see Muscle protein synthesis
mPTP, see Mitochondrial permeability transition pore
Muscle protein synthesis (MPS), exercise response 87, 88
p53
activation in genomic instability 21, 23
aging role 34
Peroxisome proliferator-activated receptor-γ co-activator (PGC), genomic instability role 21, 22, 25
PGC, see Peroxisome proliferator-activated receptor-γ co-activator
Physical activity, see Exercise
<table>
<thead>
<tr>
<th>Subject Index</th>
</tr>
</thead>
<tbody>
<tr>
<td>Psychological frailty</td>
</tr>
<tr>
<td>cognitive frailty</td>
</tr>
<tr>
<td>adverse outcomes 41</td>
</tr>
<tr>
<td>brain disease 49, 50</td>
</tr>
<tr>
<td>cognitive reserve loss 47–49</td>
</tr>
<tr>
<td>definition 58–60</td>
</tr>
<tr>
<td>overview 47</td>
</tr>
<tr>
<td>phenotypic differences 59, 60</td>
</tr>
<tr>
<td>physical frailty association 49–51</td>
</tr>
<tr>
<td>mood and motivational frailty 51, 52</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td>Reactive oxygen species (ROS), aging</td>
</tr>
<tr>
<td>role 33, 43</td>
</tr>
<tr>
<td>ROS, see Reactive oxygen species</td>
</tr>
<tr>
<td>Sarcopenia</td>
</tr>
<tr>
<td>diagnostic criteria 67, 68</td>
</tr>
</tbody>
</table>