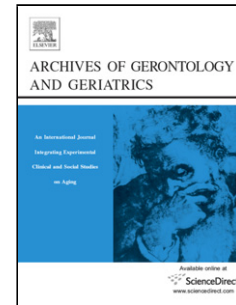


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# Untangling the overlap between frailty and low lean mass: data from Toulouse frailty day hospital

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## Highlights

- The presence of low lean mass is a key precursor to the development of frailty among geriatric patients
- Frail older people, according to Fried criteria, have a higher risk of having low lean mass than older robust people
- Frailty and low lean mass share to some extent the same core condition: the physical function impairment
- The overlap between frailty and low lean mass might be influenced by the definition of low lean mass used

## Abstract

**Background:** The decline in lean mass, observed in older people, has been frequently associated with frailty. This assumption has scarcely been assessed. This study explored the association between current proposed definitions of low lean mass and the Fried phenotype of frailty.

**Keywords:** Frailty; Fried; Low Lean Mass; Older Adults.

**Methods:** Cross-sectional study. Participants admitted to the Toulouse frailty day hospital, with an assessment of body composition, 70 years or older were included consecutively in the study. Low lean mass (LLM), was identified using five international operative definitions. To construct the definitions, muscle mass was assessed using Intelligent

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