

Nutrition and Frailty: Opportunities for Prevention and Treatment

Language

Undefined

Frailty is a syndrome of growing importance given the global ageing population. While frailty is a multifactorial process, poor nutritional status is considered a key contributor to its pathophysiology. As nutrition is a modifiable risk factor for frailty, strategies to prevent and treat frailty should consider dietary change.

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Fonte: Nutrients

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Links

[1] http://www.dietamediterranea.pt/sites/default/files/nutrients-13-02349_0.pdf