

Table S1. 30-Items Frailty Index.

FRAILITY INDEX 30 ITEMS	0 POINT	0.5 POINT	1 POINT
Bathing	Preserved	Impaired	Lost
Dressing	Preserved	Impaired	Lost
Toileting	Preserved	Impaired	Lost
Transferring	Preserved	Impaired	Lost
Continence	Preserved	Impaired	Lost
Feeding	Preserved	Impaired	Lost
Ability to Use Telephone	Preserved	Impaired	Lost
Shopping	Preserved	Impaired	Lost
Food Preparation	Preserved	Impaired	Lost
Housekeeping	Preserved	Impaired	Lost
Laundry	Preserved	Impaired	Lost
Mode of Transportation	Preserved	Impaired	Lost
Responsability for Own Medications	Preserved	Impaired	Lost
Ability to Handle Finances	Preserved	Impaired	Lost
BMI	< 25	25-29	≥ 30
SPSMQ	0-3	4-7	≥ 8
MNA-sf	12-14	8-11	≤ 7
CIRS	0	1-2	≥ 3
Number of Medication	0-3	4-6	≥ 7
Co-habitation Status	Living with Family	Institutionalized	Living Alone
SPPB	10-12	7-9	≤ 7
History of Hypertension	No	Suspect	Yes
History of Heart Failure	No	Suspect	Yes
History of Ischemic Heart Disease	No	Suspect	Yes
History of Diabetes	No	Suspect	Yes
History of Stroke	No	Suspect	Yes
History of Chronic Renal Failure	No	Suspect	Yes
History of Chronic Liver Failure	No	Suspect	Yes
History of COPD	No	Suspect	Yes
History of Cancer	No	Suspect	Yes
TOTAL SCORE		/30 =	