Frailty during childhood, young adulthood, middle age and older age associates with having a weaker (↓EF/MCFi), thicker (↑LVmassi) and stiffer (↑E/e') heart in later-life. The accumulation of new deficits from one age interval to the next also associates with poorer cardiac function in later-life. It appears that multimorbidity and health deficits accumulated over the life-course strain the myocardium resulting in pathological myocardial hypertrophy potentially paving the way to later-life systolic or diastolic dysfunction in susceptible individuals.

**Conclusion**

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**Conflict of Interest**

None.