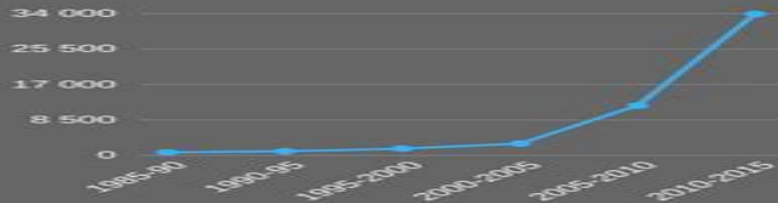


# LONGEVITY AND ANTI-AGING RESEARCH

## A GROWING INTEREST FOR THE FIELD

Science publications on human longevity



### Organizations that fight aging

#### 1980s



#### 1990s



#### 2000s



#### 2010-2016



Since the early 2000's, the number of companies dedicated to fighting aging is ever-increasing. Longevity and anti-aging research is taking off.

Some treatments are already available to the most determined and with enough efforts from all the actors in the field, the slow decline of age can one day become no more than a distant memory.

Science publications on anti-aging



### How to defeat aging today



#### Caloric restriction

Eating strictly the amount of calories that is necessary for the body to survive, and complementing this diet with the required food supplements has been shown to increase longevity in humans.

Potential lifespan increase:  
Today 30%  
Tomorrow 30%



#### Medical treatments

Many molecules that delay aging are already present in nature and were identified. As part of a balanced diet and at the right dosage, they can help to live longer and healthier. Such molecules are currently being investigated for their anti-aging properties: resveratrol, NAD+, NMN, curcumine...

Potential lifespan increase:  
Today 30%  
Tomorrow 40%



#### Gene therapy

Gene therapy targets specific genes that have been identified as the causes of aging symptoms: cellular degeneration, telomere shortening...

Potential lifespan increase:  
Today 0%  
Tomorrow 1000%

Source :  
<http://longlonglife.org>

# Aging And Human Longevity

**Roger B. McDonald**



## **Aging And Human Longevity:**

**Aging and Human Longevity** Marie-Francoise Schulz-Aellen,1996-12-01 The proportion of elderly people continues to increase in the western world nearly a quarter of the population will be over 65 years by the year 2050 Since aging is accompanied by an increase in diseases and by a deterioration in well being finding solutions to these social medical and psychological problems is necessarily a major goal for society Scientists and medical practitioners are therefore faced with the urgent task of increasing basic knowledge of the biological processes that cause aging More resources must be put into this research in order to achieve better understanding of the cellular mechanisms that underlie the differences in life span between species and to answer the difficult questions of why some individuals age more quickly than others and why some develop liver problems some have heart problems and others brain problems The results of such a wide program of research will provide important information about the causes of many life threatening and or debilitating diseases of old age it will help find ways to prevent some of the ailments that result from aging and it may well lead to discoveries enabling the prolongation of human life      Aging and Human Longevity M -F Schulz-Aellen,1997-01-01      **Aging and Human**

**Longevity** M.-F. Schulz-Aellen,2012-12-06 The proportion of elderly people continues to increase in the western world nearly a quarter of the population will be over 65 years by the year 2050 Since aging is accompanied by an increase in diseases and by a deterioration in well being finding solutions to these social medical and psychological problems is necessarily a major goal for society Scientists and medical practitioners are therefore faced with the urgent task of increasing basic knowledge of the biological processes that cause aging More resources must be put into this research in order to achieve better understanding of the cellular mechanisms that underlie the differences in life span between species and to answer the difficult questions of why some individuals age more quickly than others and why some develop liver problems some have heart problems and others brain problems The results of such a wide program of research will provide important information about the causes of many life threatening and or debilitating diseases of old age it will help find ways to prevent some of the ailments that result from aging and it may well lead to discoveries enabling the prolongation of human life      **Aging and**

**Human Longevity** Marie-Francoise Schulz-Aellen,1997 The proportion of elderly people continues to increase in the western world nearly a quarter of the population will be over 65 years by the year 2050 Since aging is accompanied by an increase in diseases and by a deterioration in well being finding solutions to these social medical and psychological problems is necessarily a major goal for society Scientists and medical practitioners are therefore faced with the urgent task of increasing basic knowledge of the biological processes that cause aging More resources must be put into this research in order to achieve better understanding of the cellular mechanisms that underlie the differences in life span between species and to answer the difficult questions of why some individuals age more quickly than others and why some develop liver problems some have heart problems and others brain problems The results of such a wide program of research will provide

important information about the causes of many life threatening and or debilitating diseases of old age it will help find ways to prevent some of the ailments that result from aging and it may well lead to discoveries enabling the prolongation of human life

**Aging and Human Longevity** Marie-Françoise Schulz-Aellen,1997 This book combines a scientific and medical description of aging with a critical review of ways to prolong life The first part gives an overview of the complex biological mechanisms of aging and of the consequences of tissue and system aging in humans The role of genetic and environmental factors that influence the rate of aging in several species is discussed The second part of this book evaluates the various means including life styles behavioral variables medical interventions and vitamin supplementation that may slow down the physiological and psychological effects of aging Biotechnology and gene therapy are also becoming a part of medical interventions to prolong life This book is aimed at readers with some knowledge of biology and medicine as well as to a larger audience eager to know more about how to live a healthy happy and productive life in their old age

**Aging, Death, and Human Longevity** Christine Overall,2003-02-04 With the help of medicine and technology we are living longer than ever before As human life spans have increased the moral and political issues surrounding longevity have become more complex Should we desire to live as long as possible What are the social ramifications of longer lives How does a longer life span change the way we think about the value of our lives and about death and dying Christine Overall offers a clear and intelligent discussion of the philosophical and cultural issues surrounding this difficult and often emotionally charged issue Her book is unique in its comprehensive presentation and evaluation of the arguments both ancient and contemporary for and against prolonging life It also proposes a progressive social policy for responding to dramatic increases in life expectancy Writing from a feminist perspective Overall highlights the ways that our biases about race class and gender have affected our views of elderly people and longevity and her policy recommendations represent an effort to overcome these biases She also covers the arguments surrounding the question of the duty to die and includes a provocative discussion of immortality After judiciously weighing the benefits and the risks of prolonging human life Overall persuasively concludes that the length of life does matter and that its duration can make a difference to the quality and value of our lives Her book will be an essential guide as we consider our social responsibilities the meaning of human life and the prospects of living longer

**Extending the Human Life Span** Bernice L. Neugarten,Robert James Havighurst,1977

**Human Longevity, Individual Life Duration, and the Growth of the Oldest-Old Population** Jean-Marie Robine,Eileen M. Crimmins,Shiro Horiuchi,Yi Zeng,2007-03-21 Old age survival has considerably improved in the second half of the twentieth century Life expectancy in wealthy countries has increased on average from 65 years in 1950 to 76 years in 2005 The rise was more spectacular in some countries the life expectancy for Japanese women rose from 62 years to 86 years during the same period Driven by this longevity extension the population aged 80 and over in those countries has grown fivefold from 8 5 million in 1950 to 44 5 million in 2005 Why has such a substantial extension of human lifespan occurred How long can we live In this book these

fundamental questions are explored by experts from such diverse fields as biology medicine epidemiology demography sociology and mathematics they report on recent cutting edge studies about essential issues of human longevity such as evolution of lifespan of species genetics of human longevity reasons for the recent improvement in survival of the elderly medical and behavioral causes of deaths among very old people and social factors of long survival in old age

**Physiological Basis of Aging and Geriatrics** Paola S. Timiras, 2007-08-16 Extensively revised and updated to reflect the current state of knowledge in the study of aging this Fourth Edition offers a complete profile of the aging process at all levels from molecules and cells to demography and evolution Written by international experts in current basic and clinical aging research this text includes aspects of individual comparative and differential aging and discussions of theories and mechanisms of aging This invaluable reference illustrates how bodily systems organs and functions are affected with aging describes how genetic and environmental factors influence age related changes and addresses some of the clinical consequences of these changes for health and longevity Well illustrated with numerous tables and graphs this book presents up to date information from internationally renowned experts in various bio medical fields

**Modulating Aging and Longevity** S.I. Rattan, 2003-09-30 After decades of systematic collection of data describing age related changes in organisms organs tissues cells and macromolecules biogerontologists are now in a position to construct general principles of ageing and explore various possibilities of intervention using rational approaches While not giving serious consideration to the claims made by charlatans it cannot be ignored that several researchers are making genuine attempts to test and develop various means of intervention for the prevention and treatment of age related diseases for regaining the functional abilities and for prolonging the lifespan of experimental organisms This book provides the most up to date information and a critical evaluation of a variety of approaches being tried for modulating aging and longevity including dietary supplementation with antioxidants vitamins and hormones genetic engineering life style alterations and hormesis through mild stress The goal of research on ageing is not to increase human longevity regardless of the consequences but to increase active longevity free from disability and functional dependence

*Role of Sex and Gender in Aging and Longevity* Calogero Caruso, 2025-08-06 *Role of Sex and Gender in Aging and Longevity* aims to shed light on the complex interplay between sex and gender differences in the aging process and longevity of individuals While biological sex differences have long been recognized as influencing various aspects of aging this book includes how gender also plays a significant role in shaping these processes accelerating aging or favoring longevity By acknowledging the influence of both biological and socially constructed factors this book offers a comprehensive understanding of why individuals may experience different aging trajectories and have divergent longevity outcomes This book explores the intricate ways in which gender norms roles and expectations shape individual experiences of aging and delves into the social determinants of health that can interact with biological factors to influence the aging process and longevity outcomes By examining these interactions this book aims to provide a nuanced

understanding of the multifaceted nature of aging and longevity and how sex and gender contribute to these complex phenomena laying the groundwork for future aging research and providing significant implications for disease prevention screening diagnosis and treatment of age related conditions Explores the distinct significance of sex and gender and their interrelation with aging and longevity Offers an in depth overview of the sex and gender specific biological and medical aspects of human aging and longevity Provides the tools required to understand the challenges posed by aging and longevity in individuals and how to approach solving them

**Biology of Longevity and Aging** Robert Arking, 2019-01-10 An introductory text to the biology of aging and longevity offering a thorough review of the field

*Pathways to the Development of the Aging Phenotype* John Papaconstantinou, Pathways to the Development of the Aging Phenotype explores the journey that all living things must eventually take Using the definition that aging is a multifactorial syndrome caused by multiple pathophysiological processes that occur simultaneously in multiple tissues of the aged Dr John Papaconstantinou provides a wholistic look at aging its causes how it presents and how aging syndromes can be treated In addition this book offers a deeper look at the effects of aging on individual organs The aging heart skeletal muscle eye skin kidney intestine liver pancreas and adipose tissue are all covered as well as an examination of the aging brain and neurodegenerative diseases such as Alzheimer s ALS Parkinson s and Huntington s disease Other important subjects covered are the effects of social isolation and loneliness on aging as well as the effects of sleep and other lifestyle choices Throughout the book Dr Papaconstantinou provides information on current and promising research on aging and the treatment of aging syndromes as well as the recent exciting work on tissue regeneration that suggests aged tissues and organs can be reprogrammed to a juvenile phenotype Pathways to the Development of the Aging Phenotype is an exciting addition to scientific and medical literature related to aging and will be an invaluable resource for medical students professionals and researchers looking to expand their knowledge in this field

**Sex and Longevity: Sexuality, Gender, Reproduction, Parenthood** J.-M. Robine, T.B.L. Kirkwood, M. Allard, 2012-12-06 A central concept in the evolutionary theory of senescence is the idea that ageing results from life history trade offs In particular the disposable soma theory suggests that longevity is determined through the setting of longevity assurance mechanisms so as to provide an optimal compromise between investments in somatic maintenance including stress resistance and in reproduction Comparative studies among mammalian species confirm that cells from long lived species appear to have a greater intrinsic capacity to withstand stresses than cells from short lived species Childbearing at older ages has become increasingly common in modern societies because of demographic changes medical progress and personal choice While the detrimental effects of late reproduction on infant mortality and genetic diseases have been well documented little is known about the possible postponed detrimental effects of late parenting

**Biology of Aging** Roger B. McDonald, 2019-06-07 Biology of Aging Second Edition presents the biological principles that have led to a new understanding of the causes of aging and describes how these basic principles help one to understand the

human experience of biological aging longevity and age related disease Intended for undergraduate biology students it describes how the rate of biological aging is measured explores the mechanisms underlying cellular aging discusses the genetic pathways that affect longevity in various organisms outlines the normal age related changes and the functional decline that occurs in physiological systems over the lifespan and considers the implications of modulating the rate of aging and longevity The book also includes end of chapter discussion questions to help students assess their knowledge of the material Roger McDonald received his Ph D from the University of Southern California and is Professor Emeritus in the Department of Nutrition at the University of California Davis Dr McDonald s research focused on mechanisms of cellular aging and the interaction between nutrition and aging His research addressed two key topics in the field the relationship between dietary restriction and lifespan and the effect of aging on circadian rhythms and hypothalamic regulation You can contact Dr McDonald at rbmcdonald ucdavis edu Related Titles Ahmad S I ed Aging Exploring a Complex Phenomenon ISBN 978 1 1381 9697 1 Moody H R J Sasser Gerontology The Basics ISBN 978 1 1387 7582 4 Timiras P S Physiological Basis of Aging and Geriatrics ISBN 978 0 8493 7305 3      **Aging 2000: Our Health Care Destiny** Charles M. Gaitz,T.

Samorajski,2012-12-06 The seventeenth annual symposium sponsored by the Texas Research Institute of Mental Sciences was held October 23 26 1983 in Houston Texas The theme was Aging 2000 Our Health Care Destiny This volume on biomedical aspects and a companion volume on psycho social aspects include edited versions of the presentations by about 80 speakers Their papers were directed at practitioners researchers and medical educators who will be active and productive in the year 2000 and we focused on those who would influence the evolution of care of elderly persons during the next 17 years We chose topics that would be of particular interest to teachers and current planners in the disciplines concerned with delivery of health and social services We believe that having a core of more qualified and better trained practitioners will help the population of aged persons achieve a higher level of physical and mental health life satisfaction and happiness to find better coping techniques and control of environmental stresses and to attain personal and social goals Our Goals While preparing for the symposium we knew that the status of the art in 1983 obviously would be the base from which we would work but we asked our speakers to give priority to future planning and directions      **The spatiotemporal dynamics of**

**longevity-defining cellular processes and its modulation by genetic, dietary and pharmacological anti-aging interventions** Vladimir I. Titorenko,Troy A. A. Harkness, Aging of multicellular and unicellular eukaryotic organisms is a highly complex biological phenomenon that affects a plethora of processes within cells This wide array of longevity defining cellular processes which are governed by an evolutionarily conserved signaling network includes oxidative metabolism and protein synthesis in mitochondria lipid and carbohydrate metabolism NAD homeostasis amino acid biosynthesis and degradation ammonium and amino acid uptake ribosome biogenesis and translation proteasomal protein degradation nuclear DNA replication chromatin assembly and maintenance actin organization apoptosis necrosis autophagy protein folding stress

response signal transduction cell cycle and cell growth The focus of this Frontiers Special Topic Issue is on an important conceptual advance in our understanding of how cells integrate and control these numerous processes and how genetic dietary and pharmacological anti aging interventions extend longevity by altering their functional states and spatiotemporal dynamics The Issue will highlight the various strategies used by evolutionarily diverse organisms for coordinating these longevity defining cellular processes in space and time critically evaluate the molecular and cellular mechanisms underlying such coordination and outline the most important unanswered questions and directions for future research in this vibrant and rapidly evolving field *Neuronal Inputs and Outputs of Aging and Longevity* Joy Alcedo, Thomas Flatt, Elena G.

Pasyukova, 2013-08-23 An animal's survival strongly depends on its ability to maintain homeostasis in response to the changing quality of its external and internal environments This is achieved through intercellular communication not only within a single tissue but also among different tissues and organ systems Thus alterations in tissue to tissue or organ to organ communications which are under genetic regulation can affect organismal homeostasis and consequently impact the aging process One of the organ systems that play a major role in maintaining homeostasis is the nervous system Considering that the nervous system includes the sensory system which perceives the complexity of an animal's environment it should be no surprise that there would be a sensory influence on homeostasis and aging To promote homeostasis any given sensory information is transmitted through short range signals via neural circuits and or through long range endocrine signals to target tissues which may in turn be neuronal or non neuronal in nature At the same time since homeostasis involves a number of feedback mechanisms non neuronal tissues can also modulate sensory and other neuronal functions Several genes that regulate signaling pathways known to affect homeostasis and aging have been shown to act in neurons in tissues that are likely downstream targets of the nervous system or through feedback regulation of neuronal activities These genes can have different temporal requirements some might function early e.g. by affecting neural development while others may only be required later in adulthood Some well known examples of genes involved in the neuronal regulation of homeostasis and longevity encode components of the evolutionarily conserved nutrient sensing insulin/insulin like signaling pathway the stress sensing internal repair system and the mitochondrial electron transport chain Indeed the genetic perturbation of these pathways has been found to lead to numerous diseases many of which are age related and involve the nervous system such as neurodegeneration and the metabolic syndrome Despite much progress however many aspects of the neuronal inputs and outputs that affect aging and longevity are poorly understood to date For example the precise neuronal and non neuronal circuitries and the details of the molecular mechanisms through which genes signaling pathways maintain homeostasis and affect aging in response to the environment remain to be elucidated Similarly it is presently unclear whether genes that regulate the early development of the nervous system and its consequent circuitry influence homeostasis and longevity during adulthood At the same time although many genes affecting aging are conserved both the nervous system and the



aging process are highly variable within populations and among taxa Accordingly the role of natural genetic variation in shaping the neurobiology of aging is also presently unknown The aim of this Research Topic is therefore to highlight the genetic developmental and physiological aspects of the signaling networks that mediate the neuronal inputs and outputs that are required to maintain organismal homeostasis The elucidation of the effects of these neuronal activities on homeostasis may thus provide much needed insight into mechanisms that affect aging and longevity Annual Report National Institute on Aging,1984 *Grandmotherhood* Eckart Volland,Athanasios Chasiotis,Wulf Schiefenhövel,2005 Darwinian theory holds that a successful life is measured in terms of reproduction Bringing together work in anthropology psychology ethnography and the social sciences this study explores the evolutionary purpose and possibilities of female post generative life

## Reviewing **Aging And Human Longevity**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Aging And Human Longevity**," an enthralling opus penned by a highly acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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### **Aging And Human Longevity Introduction**

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