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AC5 - CAMILLE ANTON

A comprehensive review of all aspects of hypertension in the elderly using the most current clinical data. Topics range from basic concepts, epidemiology and trials, and evaluation and management, to pharmacologic treatment, special populations, and adherence, all presented with an emphasis on the optimal management of patients. The authors examine in detail the mechanisms of hypertension in the elderly, the lifestyle trials and outcomes trials that were conducted in older persons, as well as the problems of clinical evaluation, secondary hypertension, adherence, and target organ damage. Extensive discussions of pharmacologic therapy detail the role of all the major drug classes.

Did you know that we can lead longer and healthier lives by making simple changes right now? Professor Rose Anne Kenny has 35 years of experience at the forefront of ageing medicine. In *Age Proof*, she draws on her own pioneering research and the latest evidence to demystify why we age and shows us that 80% of our ageing biology is within our control: we can not only live longer lives but become happier and healthier deep into our later years. Effortlessly distilling scientific theory into practical advice that we can apply to our everyday lives, Professor Kenny examines the impact that food, genetics, friendships, purpose, sex, exercise and laughter have on how our cells age. This illuminating book will show you the steps you can take to stay younger for longer - and will prove that you really are just as young as you feel.

This volume of the subcellular Biochemistry series will attempt to bridge the gap between the subcellular events that are related to aging as they were described in the first volume of this set of two books and the reality of aging as this is seen in clinical practice. All chapters will start from the biochemistry or cell biology, where the data is available and work up towards the understanding that we have of aging in the various areas that are related to the subject. Key focus points for this volume are nutrition, external factors and genetics on aging. There will also be chapters that will focus on various organs or tissues in which aging has been well studied, like the eyes, the muscles, the immune system and the bones. The aim of the book project and the book project that is published in concert with this volume is to bring the subcellular and clinical areas into closer contact.

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.

Humanity is aging. In the last century, life expectancy has increased by as much as 25 years, the greatest increase in 5'000 years of history. As a consequence the elderly constitute today the fastest growing segment of the world's population. This new situation creates many social problems and challenges to health care which both the developed as well as the developing countries will have to cope with. The present publication shows that scientific progress has reached a level where nutritional interventions may play a decisive part in the prevention of degenerative conditions of age, improvement of quality of life and impact on health care burden and resources. Topics deal with such different aspects as the influence of prenatal and early infant nutrition on the future aged individual and effects of energetic restriction on longevity. Further contributions include studies on mitochondrial alterations, digestive problems, specific metabolic deviations mediated by insulin, bone degradation, structural changes, neuromuscular dysfunctions, mental state of the elderly as well as the response of the immune system to nutrient intake. Finally the book offers a review of requirements appropriate to meet the age-related public health challenges of the 21st century.

This book clearly explains when and how different rehabilitation techniques should be applied in the aging patient, thereby enabling readers to identify and apply those rehabilitation strategies that will maximize quality of life and functional independence in individual cases. It is specifically designed for ease of consultation and rapid retrieval of the information most relevant to clinical practice. Prominence is given to the benefits of a multidisciplinary approach to rehabilitation, with discussion of a very wide range of aspects of rehabilitation in different disease settings. The breadth of coverage is illustrated by the attention paid to less commonly addressed topics such as visual and hearing rehabilitation, the role of robotics and 3D imaging techniques, variations in approach among health care systems, and rehabilitation in end-of-life care. The authors are international academic experts in their fields, guaranteeing a high scientific standard throughout. This manual will be an invaluable tool and source of knowledge for geriatricians and physiatrists but will also appeal to a wider range of clinicians, practitioners, and students.

This innovative, comprehensive book covers the key elements of perioperative management of older patients. The book's chapter structure coincides with the clinical path patients tread during their treatment, from preoperative evaluation to post-hospital care. Epidemiological aspects and aging processes are illustrated, providing keys to understanding the quick expansion of geriatric surgery and defining the clinical profile of older surgical patients in a cybernetic perspective. Preoperative evaluation and preparation for surgery, including medication reconciliation and pre-habilitation, are developed in the light of supporting decision-making about surgery in an evidence-based and patient-focused way. Intra- and postoperative management are discussed, aiming to tailor anesthetic, surgical and nursing approaches to specific patients' needs, in order to prevent both general and age-related complications. This volume also addresses issues relevant to geriatric surgery, from different organizational models to clinical risk management and systems engineering applied to hospital organization.

The life of a human being is finite, and all humans age (see Fries 1980). It is difficult to separate the effects of disease on organs and tissues from those expected of aging. This is particularly true for vascular and degenerative processes, for which there are no clear boundaries between aging and disease. Morbidity and mortality from heart disease and stroke are probably due both to disease and to changes of aging. For cancer, the second leading cause of death in America, the situation is quite different; cancer is clearly a disease and is not a change expected with aging. Cancer incidence increases almost logarithmically after age 40. In the United States about one-half of all cases of can-

cer are diagnosed after age 65, although those over 65 comprise less than one-eighth of the population. Thus, cancer is very much a disease of the elderly. There are at least two reasons for this: first, the prolonged exposure to cancer-inducing agents, and second, the waning power of immune defenses against cancer.

Over the past decade, significant efforts have been made to develop stem cell-based therapies for difficult to treat diseases. Multipotent mesenchymal stromal cells, also referred to as mesenchymal stem cells (MSCs), appear to hold great promise in regards to a regenerative cell-based therapy for the treatment of these diseases. Currently, more than 200 clinical trials are underway worldwide exploring the use of MSCs for the treatment of a wide range of disorders including bone, cartilage and tendon damage, myocardial infarction, graft-versus-host disease, Crohn's disease, diabetes, multiple sclerosis, critical limb ischemia and many others. MSCs were first identified by Friendenstein and colleagues as an adherent stromal cell population within the bone marrow with the ability to form clonogenic colonies in vitro. In regards to the basic biology associated with MSCs, there has been tremendous progress towards understanding this cell population's phenotype and function from a range of tissue sources. Despite enormous progress and an overall increased understanding of MSCs at the molecular and cellular level, several critical questions remain to be answered in regards to the use of these cells in therapeutic applications. Clinically, both autologous and allogenic approaches for the transplantation of MSCs are being explored. Several of the processing steps needed for the clinical application of MSCs, including isolation from various tissues, scalable in vitro expansion, cell banking, dose preparation, quality control parameters, delivery methods and numerous others are being extensively studied. Despite a significant number of ongoing clinical trials, none of the current therapeutic approaches have, at this point, become a standard of care treatment. Although exceptionally promising, the clinical translation of MSC-based therapies is still a work in progress. The extensive number of ongoing clinical trials is expected to provide a clearer path forward for the realization and implementation of MSCs in regenerative medicine. Towards this end, reviews of current clinical trial results and discussions of relevant topics association with the clinical application of MSCs are compiled in this book from some of the leading researchers in this exciting and rapidly advancing field. Although not absolutely all-inclusive, we hope the chapters within this book can promote and enable a better understanding of the translation of MSCs from bench-to bedside and inspire researchers to further explore this promising and quickly evolving field.

During the last 40 years, the study of the biological basis of aging has progressed tremendously, and it has now become an independent and respectable field of study and research. This volume on "Aging of Organs and Systems", is an attempt to bring understanding to both the aging process and the disease processes of old age. Bringing together contributions from an international team of authors, it will be of interest to graduates and postgraduates in the fields of medicine and nursing, researchers of different aspects of biogerontology and those in the pharmaceutical, cosmeceutical, nutraceutical and health-care industry.

This work has been selected by scholars as being culturally important and is part of the knowledge base of civilization as we know it. This work is in the public domain in the United States of America, and possibly other nations. Within the United States, you may freely copy and distribute this work, as no entity (individual or corporate) has a copyright on the body of the work. Scholars believe, and we concur, that this work is important enough to be preserved, reproduced, and made generally available to the public. To ensure a quality reading experience, this work has been proofread and published using a format that seamlessly blends the original graphical elements with text in an easy-to-read typeface. We appreciate your support of the preservation process, and thank you for being an important part of keeping this knowledge alive and relevant.

An individual's healthspan can be defined as the length of time an individual is able to maintain good health. In 2007, over one hundred experts and researchers from public and private institutions across the nation convened to find new ways of addressing the human healthspan and the elusive nature of aging. Experts in public health, bioengineering, neuroscience and gerontology discussed how stress and lifestyle influence the decline of health at older ages. Other discussions focused on the integration of technology in the quality of life, gerontology, regenerative medicine and life expectancy with regard to social and behavioral traits. Still, other groups explored topics such as the cellular and molecular mechanisms of biological aging, the effects of exercise on the human healthspan, and changes in social context to enhance functional status of the elderly. Most importantly, experts agreed that it was imperative to ensure that the elderly have access to medical services by establishing relationships with health care and insurance providers.

The WHO World report on ageing and health is not for the book shelf it is a living breathing testament to all older people who have fought for their voice to be heard at all levels of government across disciplines and sectors. - Mr Bjarne Hastrup President International Federation on Ageing and CEO DaneAge This report outlines a framework for action to foster Healthy Ageing built around the new concept of functional ability. This will require a transformation of health systems away from disease based curative models and towards the provision of older-person-centred and integrated care. It will require the development sometimes from nothing of comprehensive systems of long term care. It will require a coordinated response from many other sectors and multiple levels of government. And it will need to draw on better ways of measuring and monitoring the health and functioning of older populations. These actions are likely to be a sound investment in society's future. A future that gives older people the freedom to live lives that previous generations might never have imagined. The World report on ageing and health responds to these challenges by recommending equally profound changes in the way health policies for ageing populations are formulated and services are provided. As the foundation for its recommendations the report looks at what the latest evidence has to say about the ageing process noting that many common perceptions and assumptions about older people are based on outdated stereotypes. The report's recommendations are anchored in the evidence comprehensive and forward-looking yet eminently practical. Throughout examples of experiences from different countries are used to illustrate how specific problems can be addressed through innovation solutions. Topics explored range from strategies to deliver comprehensive and person-centred services to older populations to policies that enable older people to live in comfort and safety to ways to correct the problems and injustices inherent in current systems for long-term care.

"[This book] has been honed into an elegant compendium. This outstanding work should be widely read -- it is perhaps the best example of an integrative approach to gerontology."Score: 94, 4 stars --- Doody's This sixth edition of a classic multidisciplinary text for students of gerontology continues to

offer practical, reader-friendly information about the physical changes and common pathologies associated with the aging process. It places special emphasis on the psychological and social implications of these changes in the lives of older adults. The book is distinguished by its thorough focus on anatomy and physiology and common health problems pertaining to each body system. This latest edition has been thoroughly updated to present new research findings that differentiate "normal" aging from actual pathology. It provides new data and guidelines on risk factors, nutrition, preventative measures, interventions, and commonly prescribed medications, and includes expanded treatment of complementary and alternative therapies. The book emphasizes the positive aspects of aging and demonstrates how the elderly population can gain greater personal control, through lifestyle changes and preventative health strategies, toward the goal of optimal aging. The book also includes an updated discussion of grief, ethical issues, and funeral options. Written for students of gerontology, social work, human services, nursing, occupational and physical therapy, counseling, and elder law, it presents information that is clearly understandable for those without an extensive background in biology or medicine. The book reinforces information with practical applications of aging data. *Physical Change and Aging, Sixth Edition* comes with instructor materials, including PowerPoint presentations and test banks for each chapter. An eBook format for *Physical Change and Aging* is also available. This sixth edition includes new information on: Genetic/DNA theories Dementia and Parkinson's Disease Immunotherapy Lifelong health disparities Pet-assisted therapy Prayer and meditation Pharmacogenetics Gerogogy (self-directed learning) health as public health issue Natural funerals (biodegradable caskets, burial urns, dying at home)

People in developed countries are living longer and, just as the aged population around the world is steadily growing, the number of adults eighty-five and older in the United States is projected to quadruple to twenty-one million people by 2050. The aging of our population has huge implications for baby boomers and their children, and has generated a greater interest in the causes and effects of aging. Our *Aging Bodies* provides a clear, scientifically based explanation of what happens to all the major organ systems and bodily processes—such as the cardiovascular and digestive systems—as people age. The first section is an overview of secondary aging—changes that occur with age that are related to disease and the environment—and include the effect of such things as diet, humor, and exercise. Readers will also learn about primary aging—intrinsic changes that occur with the aging of specific organs and body systems (including the prostate, the heart, the digestive system, and the brain). Throughout the book, Gary F. Merrill weaves in personal anecdotes and stories that help clarify and reinforce the facts and principles of the underlying scientific processes and explanations. Our *Aging Bodies* is accessible to a general reader interested in the aging phenomenon, or baby boomers wanting to be more informed when seeing their doctor and discussing changes to their bodies as they age.

This book contains a wealth of useful information on current research on viscoelasticity. By covering a broad variety of rheology, non-Newtonian fluid mechanics and viscoelasticity-related topics, this book is addressed to a wide spectrum of academic and applied researchers and scientists but it could also prove useful to industry specialists. The subject areas include, theory, simulations, biological materials and food products among others.

Encyclopedia of Biomedical Gerontology presents a wide range of topics, ranging from what happens in the body during aging, the reasons and mechanisms relating to those age-related changes, and their clinical, psychological and social modulators and determinants. The book covers the biological and medical aspects of gerontology within the general framework of the biological basis of assessing age, biological mechanisms of aging, age-related changes in biological systems, human age-related diseases, the biomedical practicality and impracticality of interventions, and finally, the ethics of intervention. Provides a 'one-stop' resource to information written by world-leading scholars in the field of biomedical gerontology Fills a critical gap of information in a field that has seen significant progress in the last 10 years

determined by an inability to move in response to touch. *C. elegans* develop through four larval stages following hatching and prior to adulthood. Adult *C. elegans* are reproductive for about the first week of adulthood followed by approximately two weeks of post-reproductive adulthood prior to death. Life span is most commonly measured in the laboratory by maintaining the worms on the surface of a nutritive agar medium (Nematode Growth Medium, NGM) with *E. coli* OP50 as the bacterial food source (REF). Alternative culture conditions have been described in liquid media; however, these are not widely used for longevity studies. Longevity of the commonly used wild type *C. elegans* hermaphrodite (N2) varies from 16 to 23 days under standard laboratory conditions (20 °C, NGM agar, *E. coli* OP50 food source). Life span can be increased by maintaining animals at lower ambient temperatures and shortened by raising the ambient temperature. Use of a killed bacterial food source, rather than live *E. coli*, increases lifespan by 2–4 days, and growth of adult animals in the absence of bacteria (axenic growth or bacterial deprivation) increases median life span to 32–38 days [3, 23, 24]. Under both standard laboratory conditions and bacterial deprivation conditions, wild-derived *C. elegans* hermaphrodites exhibit longevity comparable to N2 animals [25].

A unique interdisciplinary guide that addresses the challenges of geriatric care, now with a two-color design, all-new illustrations, and many redesigned tables.

Underscores the complexity of prescribing drugs for older adults while providing state-of-the-art guidelines for safe patient care An evidence-based, quick-access reference for adult gerontology nurse practitioners and related healthcare providers, this text describes a holistic, patient-centered approach to prescribing drugs to older adults. Comprehensive yet concise writing distills timely guidance on the complexities of safely prescribing to this unique population. This book opens with physiologic changes and assessment considerations for older adults, followed by a discussion of pharmacokinetics and pharmacodynamics, then a final section on guidelines for drug selection, drug interactions, and multimorbidities. Each chapter presents information in a consistent, easy-to-read template. Patient Care Pearls alert readers to crucial information and relevant case studies with examples of inappropriate medical prescribing provide context for drug delivery. Key points and chapter summaries help reinforce information. Additional features include the provision of guidelines for psychotropic medications in LTC facilities, special considerations for frail older adults, and the role of pharmacists as a resource for other practitioners. Key Features: Decision-making guidance on prescribing practices in varied settings Discusses in depth physiological considerations including multimorbidity and polypharmacy Presents Beer's Criteria and its implications Guidelines for psychotropic medications in LTC facilities Special considerations for frail older adults Patient Care Pearls, case studies, key points, and chapter summaries

The topic of skin aging is of growing importance to all working in the field of dermatology, aesthetic medicine and cosmetic medicine. Two internationally well-known and leading experts in the field present a comprehensive state-of-the-art review on all aspects of skin aging. With its clear, concise and reader-friendly format this book has all the potential to become the Bible of skin aging. Every specialist interested in dermatology, aesthetic medicine, cosmetic science, cutaneous biology and aging research will find indispensable information of great value for his or her daily work.

The world's ageing population is increasing and food professionals will have to address the needs of older generations more closely in the future. This unique volume reviews the characteristics of the ageing population as food consumers, the role of nutrition in healthy ageing and the design of food

products and services for the elderly. Chapters in part one discuss aspects of the elderly's relationship with food such as appetite and ageing, ageing and sensory perception, food and satisfaction with life, and the social significance of meals. The second part of the book reviews the role of nutrition in extending functionality into later years, with chapters on topics such as undernutrition and conditions such as Alzheimer's disease, bone and joint health and eye-related disorders. Concluding chapters address the issues of food safety and the elderly, designing new foods and beverages for the ageing and nutrition education programmes. With its distinguished editors and contributors, *Food for the ageing population* is an essential reference for those involved in the research, development and provision of food products for the older generation. A unique review of the characteristics of the ageing population as food consumers Discusses aspects of the elderly's relationship with food, including appetite, ageing and sensory perception and the social significance of meals Examines the role of nutrition in extending functionality in later years, focusing on undernutrition, Alzheimers and bone and joint health

Endocrinology of Aging: Clinical Aspects in Diagrams and Images presents chapters in a way that allows the reader to incorporate concepts and complex facts in a visual way. As the global population becomes older, the need for a deeper understanding of geriatric pathology increases, and with it, there becomes a greater need to access educational resources on the endocrinology and metabolism of aging. According to the United Nations, the number of people aged 60 years or over in the world is projected to be 1.4 billion in 2030 and 2.1 billion in 2050, hence this is a timely resource. Divided according to specific endocrine and metabolic systems, providing evidence-based content Addresses physiological changes that alter the pathophysiology of the clinical picture Considers the patient transitioning from young adult to elderly, discussing endocrinological challenges to discern physiology from pathology Focuses on age as an essential factor for diagnostic and endocrine management

Recognition that aging is not the accumulation of disease, but rather comprises fundamental biological processes that are amenable to experimental study, is the basis for the recent growth of experimental biogerontology. As increasingly sophisticated studies provide greater understanding of what occurs in the aging brain and how these changes occur

The leading reference in the field of geriatric care, *Brocklehurst's Textbook of Geriatric Medicine and Gerontology, 8th Edition*, provides a contemporary, global perspective on topics of importance to today's gerontologists, internal medicine physicians, and family doctors. An increased focus on frailty, along with coverage of key issues in gerontology, disease-specific geriatrics, and complex syndromes specific to the elderly, makes this 8th Edition the reference you'll turn to in order to meet the unique challenges posed by this growing patient population. Consistent discussions of clinical manifestations, diagnosis, prevention, treatment, and more make reference quick and easy. More than 250 figures, including algorithms, photographs, and tables, complement the text and help you find what you need on a given condition. Clinical relevance of the latest scientific findings helps you easily apply the material to everyday practice. A new chapter on frailty, plus an emphasis on frailty throughout the book, addresses the complex medical and social issues that affect care, and the specific knowledge and skills essential for meeting your patients' complex needs. New content brings you up to date with information on gerontechnology, emergency and pre-hospital care, HIV and aging, intensive treatment of older adults, telemedicine, the built environment, and transcultural geriatrics. New editor Professor John Young brings a fresh perspective and unique expertise to this edition.

Recent studies have indicated that epigenetic processes may play a major role in both cellular and organismal aging. These epigenetic processes include not only DNA methylation and histone modifications, but also extend to many other epigenetic mediators such as the polycomb group proteins, chromosomal position effects, and noncoding RNA. The topics of this book range from fundamental changes in DNA methylation in aging to the most recent research on intervention into epigenetic modifications to modulate the aging process. The major topics of epigenetics and aging covered in this book are: 1) DNA methylation and histone modifications in aging; 2) Other epigenetic processes and aging; 3) Impact of epigenetics on aging; 4) Epigenetics of age-related diseases; 5) Epigenetic interventions and aging; and 6) Future directions in epigenetic aging research. The most studied of epigenetic processes, DNA methylation, has been associated with cellular aging and aging of organisms for many years. It is now apparent that both global and gene-specific alterations occur not only in DNA methylation during aging, but also in several histone alterations. Many epigenetic alterations can have an impact on aging processes such as stem cell aging, control of telomerase, modifications of telomeres, and epigenetic drift can impact the aging process as evident in the recent studies of aging monozygotic twins. Numerous age-related diseases are affected by epigenetic mechanisms. For example, recent studies have shown that DNA methylation is altered in Alzheimer's disease and autoimmunity. Other prevalent diseases that have been associated with age-related epigenetic changes include cancer and diabetes. Paternal age and epigenetic changes appear to have an effect on schizophrenia and epigenetic silencing has been associated with several of the progeroid syndromes of premature aging. Moreover, the impact of dietary or drug intervention into epigenetic processes as they affect normal aging or age-related diseases is becoming increasingly feasible.

"[This book] has been honed into an elegant compendium. This outstanding work should be widely read -- it is perhaps the best example of an integrative approach to gerontology." Score: 94, 4 stars - -Doody's This book serves as an authoritative textbook and guide to the physical changes and common pathologies associated with the aging process, with special emphasis on the psychological and social implications of these changes in the lives of older adults. This fifth edition presents the newly available research findings that differentiate "normal" aging from actual pathology. The authors provide a thoroughly updated and expanded review of important topics in aging, including death and grieving, complementary and alternative therapies, nutrition, exercise, and much more. The book also demonstrates how the elderly population can gain greater personal control over aging through lifestyle modifications and preventative health strategies. Key topics introduced and discussed: Psychosocial theories of aging Changes and disorders in the skeletal, nervous, cardiovascular, and respiratory systems Dementia, delirium, and mild cognitive impairment Aging in persons with lifelong disabilities This volume serves as a comprehensive textbook for students studying to become health care professionals, and is also a fundamental resource for gerontologists, nurses, social workers, psychologists, rehabilitation specialists, clergy, and counselors.

This book presents studies of the main conditions that affect health and well-being of old people. Considering the present scenario of COVID-19, the effects of this viral infection on individuals older than 65 years are also discussed. The content enables professionals of health and government for the present and future actions in this important area. Readers go through the changes occurring in organs and tissues that can interfere with susceptibility to infections, low response to vaccines, cancer, and loss of cognition during the aging process. A discussion of the central role played by the immune system in the age-related diseases and how the immunity can be impaired during the ageing process is presented. Possibilities to circumvent these conditions via healthy habits in diet, physical exercise, and new pharmacological interventions are part of the content. This book discusses how human healthy longevity is dependent, at least in part, of a functional immune system. Chapters were written for researchers in the field of aging and is especially suited for those interested in the study of immunosenescence and inflammaging affecting the health of old individuals.

The average life expectancy has increased worldwide in the recent decades. This has presented new challenges as old age brings the onset of diseases such as cancer, neurodegenerative disorders, cardiovascular disease, type 2 diabetes, arthritis, osteoporosis, stroke, and Alzheimer's disease. Studies and research have shown the potential preventive and therapeutic roles of antioxidants in aging and age-related diseases by inhibiting the formation or disrupting the propagation of free radicals and thus increasing healthy longevity, enhancing immune function, and decreasing oxidative stress. This has made an antioxidant rich diet of increasing importance in battling the detrimental effects of the aging process. "The Role of Antioxidants in Longevity and Age-Related Diseases" is the book that compiles research on antioxidants and their biological mechanisms that mediate age-related diseases. This book covers the major issues linked to antioxidants, aging, and age-related diseases, including changes in organ systems over the lifespan, age-related oxidative stress-induced redox imbalance, inflammaging, implications of inflammation in aging and age-related diseases, and the important role of antioxidant-rich foods in their prevention and treatment of various age-related diseases. For researchers seeking a comprehensive single source on antioxidants and their roles in aging and age-related diseases, this novel text provides an up-to-date overview.

Tendon ailments are a significant cause of morbidity among athletes of all levels and are increasing in prevalence. Their management is often empirical, and para-scientific, only looking at the biological aspects of tendon ailments. This book conveys a comprehensive and concise body of knowledge on the management of tendon problems in sportspeople with practical details of clinical protocols. *Tendon Injuries: Basic Science and Clinical Medicine* is specifically dedicated to the clinical aspects of tendinopathy and provides the required knowledge and scientific basis for the sports medicine practitioner, orthopedic specialist and student facing upper and lower limb tendon ailments in athletes. A comprehensive review of tendon disorders is given and modern criteria of management outlined to form the basis of effective clinical management of this group of patients.

A collection of vital information that answers readers' most pressing questions about how age impacts their bodies. Many people are embarrassed to bring their everyday health anxieties to their physicians or even to ask for advice from family and friends. They might think that depression, failing eyesight, memory loss, and other difficulties that change their quality of life are normal because of their age. This is where *Is This Normal?* steps in and lets readers know whether or not these changes should be a concern or an expected part of aging. With compassion, reassurance, and friendly guidance, Dr. John Whyte, chief medical expert at the Discovery Channel, provides the essential tools for dealing with the common health issues that arise as we get older, proving that you can stay active and healthy at any age. "Using soothing language and a gentle sense of humor, Whyte...tries to separate fact from rumor." —The Washington Post "All your embarrassing aging questions answered—finally!"—Vital Juice

A Top 25 CHOICE 2016 Title, and recipient of the CHOICE Outstanding Academic Title (OAT) Award. How much energy is released in ATP hydrolysis? How many mRNAs are in a cell? How genetically similar are two random people? What is faster, transcription or translation? *Cell Biology by the Numbers* explores these questions and dozens of others provided

Stem Cells and Aging covers what is known about the effect of time and age on the basic units of life, which are the corresponding tissue-specific or adult stem cells. Even though the concept of stem

cells was introduced nearly a century ago by Alexander Maximow, modern stem-cell research began in 1963 when James Till, Ernest McCullough and Lou Siminovitch established assays to detect hematopoietic stem cells. In fact, given the importance of the aging-associated diseases, scientists have developed a keen interest in understanding the aging process as they attempt to define the role of dysfunctional stem cells in the aging process. With an aging population worldwide, understanding these age-related stem cell changes at a basic biology level and at the level of their influences for regenerative medicine is of interest and importance. There is increasing evidence that the aging process can have much adverse effects on stem cells. In the modern era, one of the emerging fields in treating human diseases is stem cell research, as stem cells have the remarkable potential to treat a wide range of diseases. Nevertheless, understanding the molecular mechanism involved in aging and deterioration of stem cell function is crucial in developing effective new therapies for aging. Serves as an ideal reference to guide investigators toward valuable answers to the problems of our aging population Addresses the effect of time and age on human stem cells Includes chapters from contributors exploring the biology of stem cell aging around the globe

Human Aging: From Cellular Mechanisms to Therapeutic Strategies offers an exhaustive picture of all the biological aspects of human aging by describing the key mechanisms associated with human aging and covering events that could disrupt the normal course of aging. Each chapter includes a summary of the salient points covered, along with futures prospects. The book provides readers with the information they need to gain or deepen the skills needed to evaluate the mechanisms of aging and age-related diseases and to monitor the effectiveness of therapies aimed at slowing aging. The book encourages PhD and Postdoc students, researchers, health professionals and others interested in the biology of aging to explore the fascinating and challenging questions about why and how we age as well as what can and cannot be done about it. Concentrates on different processes, e.g., oxidative stress, cellular senescence and Inflammaging Offers the ability to access cross-sectional knowledge more easily Written by expert researchers in biogerontology who are actively involved in various fields within aging research

A version of the OpenStax text

The Anatomy of Aging in Man & Animals presents a critical review of the characteristics of invertebrates. It discusses the physical features and parts of fishes, amphibians, reptiles, and birds. It also addresses the characteristics and physiology of mammals as well as the organization of the nervous system. Some of the topics covered in the book are the descriptions and species of protozoa; description of porifera, coelenterate, and kinds of rotifer; parts and functions of mollusca; description and reproduction of annelida; types of crustacea; studies on drosophila; analysis of nutrition, temperature, and aging; and development of the nervous system of a bee. The structures of flatworms and the development of roundworms and echinodermata are discussed. An in-depth analysis of the classes of echinoidea is provided. The characteristics of thymus in an adult amphibian are also presented. A chapter is devoted to the description of changing appearance of human skin. The book can provide useful information to scientists, biologists, students, and researchers.

The authors undertake the difficult task of assembling an objective and holistic picture of human aging, including the physical aspects of aging, chronic disease and health promotion in the later years, for students and professionals.