

Aging

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Aging → loss of functional and homeostatic reserves in most cellular and physiologic system → vulnerable to diseases and death.

Physiologic system impairment

- **Neurological system:** impaired sensory, motor, cognitive, emotional functions, brain atrophy, atherosclerosis etc.
- **Cardiovascular system:** decreased cardiac output, atherosclerosis, hypertrophy etc.
- **Pulmonary system:** poor lung function testing

- **Connective tissue:** thin loose skin, wrinkle, pigments, grey hair, hair loss, delayed wound healing, osteoporosis etc.
- **Endocrine system:** decrease hormones such as glucocorticoids, DHEA, sex hormones etc
- **Immune system:** impaired immunity → vulnerable to infection, cancer, autoimmune diseases

Anti-aging measures

- **Healthy life style**
- **Balanced diet and food supplements (vitamins, minerals etc.)**
- **Drugs (eg. antioxidants, aspirin)**
- **medical screening (preventive medicine)**