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The mitochondrial theory of aging proposes that accumulation of damage to mitochondria and mitochondrial DNA (mtDNA) induces aging by reducing energy availability and increasing production of ROS that damage macromolecules (Harman, 1956, 1972, 2003).

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from studies of human aging and presents the aging process from macromolecules to organ systems. In particular, the reader will learn the principal theories of aging, study designs / models of aging, and age changes in the structure and function of macro molecules, cells, skin, muscles, bone, lungs, heart and blood vessels, brain, kidney,

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Without these fundamentals, students of biological aging struggle to

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"Human Biological Aging will introduce the student to human aging from the level of macromolecules to organ systems. Age changes in proteins, DNA, polysaccharides and lipids are discussed relative to known age-related alterations in structure and function produced by free radicals and oxidants.

"Human Biological Aging will introduce the student to human aging from the level of macromolecules to organ systems. Age changes in proteins, DNA, polysaccharides and lipids are discussed relative to known age-related alterations in structure and function produced by free radicals and oxidants. At the cellular level, age-dependent mechanisms that diminish organelle function are described. Cellular phenomena of replicative senescence apoptosis, autophagy and neuroplasticity are detailed as to their contribution to compromised cellular functions. The unique age changes of each organ-system are presented. Some important changes include photo-aging in the integument, increased airway resistance, decreased thoracic chest compliance and reduction of active lung tissue in the pulmonary system, endothelial dysfunction in the cardiovascular system, cognitive changes influenced by negative and positive neuroplasticity in the central nervous system, the impact of presbyopia, presbycusis and sensory fiber loss on sensory perception, sarcopenia and dynapenia in

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the skeletal muscle system, the effects of menopause, altered stress response and loss of growth hormone in the hypothalamic pituitary system, age changes in bone remodeling and modeling in the skeletal system and prostatic hypertrophy and urinary incontinence in the excretory system. The selection of book material is based on Dr. Bilder's lectures developed over the years as the teacher for a Biology of Aging course at Gwynedd Mercy University. Her lectures covered biological aging from the bottom up - macromolecules to organ-systems. Additionally the student is introduced to methods and measurements in aging and the tools to critique future findings, the effects of classic caloric restriction studies and newer gene manipulations and the evolutionary theory of aging that accepted biological aging as truly biological. Major age-related diseases are absent from this textbook as biogerontologists consider disease distinct from aging. Instead this textbook includes many age changes that highlight how aging is a risk factor for disease. To fully understand biological aging, it is necessary to include primary biological content and then to develop aging insights. For example, to understand the role of aging in the development of sarcopenia and dynapenia, an appreciation of skeletal muscle structure and function is important, after which age changes of sarcopenia and dynapenia and the influence of exercise and protein consumption becomes meaningful. Similarly comprehension of the theories of aging require rudimentary knowledge of oxidation/reduction reactions, protein function, cell organelles, mitosis, acquired immunity, and evolution, to name a few basic biological concepts. Without some biological fundamentals, the student of biological aging struggles to learn the essentials of biological aging and to appreciate the research advances on aging. With regards to format, basic knowledge is given first. Biological terms are defined; key questions to aid with study are given with each chapter. Specifically the reader will learn the current theories of aging, their origins and their value in the scientific literature. The reader will learn why aging is not a disease but a risk for disease. The reader will understand how age changes are measured and appreciate the difficulties of obtaining

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accurate observations on aging. Thus, in forthcoming findings, the student will be equipped to discriminate between hype and worthwhile advances. This textbook will provide the reader with an overview of the major animal models of aging so that the relevance of this data on conserved mechanisms is evident. Finally, this textbook will give to the reader a framework to incorporate new information. The reader will realize the significance of the health span and gain competency to select lifestyle choices that prolong it."--

Comprehension of the theories of aging requires rudimentary knowledge of oxidation and reduction reactions, protein function, cell organelles, mitosis, acquired immunity, and evolution, among other basic biological concepts. Without these fundamentals, students of biological aging struggle to learn the essentials of biological aging and how to appreciate the research advances in the field. *Human Biological Aging: From Macromolecules To Organ-Systems* is an introduction to human aging from the level of macromolecules to organ systems. Age changes in proteins, DNA, polysaccharides and lipids are discussed relative to known age-related alterations in structure and function produced by free radicals and oxidants. At the cellular level, age-dependent mechanisms that diminish organelle function are described. Cellular phenomena of replicative senescence apoptosis, autophagy and neuroplasticity are detailed as to their contribution to compromised cellular functions. Authored by a leader in the field, *Human Biological Aging: From Macromolecules To Organ-Systems* is an invaluable introduction for those studying human aging.

Aging: Concepts and Controversies is structured to encourage a style of teaching and learning that goes beyond conveying facts and methods. This innovative text focuses on controversies and questions rather than on assimilating facts or creating a single "correct" view about aging or older people. Drawing on their extensive expertise, authors Harry R. Moody and Jennifer R. Sasser first provide an overview of aging in three domains: aging over the life course, health

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care, and socioeconomic trends. Each section then includes data and conceptual frameworks, helping students to make sense of the controversies and understand their origin, engage in critical thinking, and develop their own views. The Tenth Edition of this hallmark textbook includes amplified discussions focused on differences, diversity, structural inequalities, and inclusion, as well as contemporary issues, including climate change and immigration. Included with this title: The password-protected Instructor Resource Site (formally known as SAGE Edge) offers access to all text-specific resources, including a test bank and editable, chapter-specific PowerPoint® slides. Learn more.

A cell biologist who has studied the aging process for thirty years answers the big questions about aging, dispels the myths, and discusses the desirability of living longer

Aging is the progressive decline in biological functions over time. This decline targets macromolecules, cells, tissues and, as a consequence, whole organisms. Despite considerable progress in the development of testable hypothesis concerning aging in an evolutionary context, a unifying theory of the molecular/physiological mechanistic causes of aging has not been reached. In fact, is it not clear to what extent aging is a programmed or stochastic process. This book takes the reader from unicellular bacterial deterioration via senescence in fungi and worms to aging in rodents and humans, allowing a comparative view on similarities and differences in different genetic model systems. The different model systems are scrutinized in the light of contemporary aging hypothesis, such as the free radical and genomic instability theories.

Sugar chains (glycans) are often attached to proteins and lipids and have multiple roles in the organization and function of all organisms. "Essentials of Glycobiology" describes their biogenesis and function and offers a useful gateway to the understanding of glycans.

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The Handbook of Models for Human Aging is designed as the only comprehensive work available that covers the diversity of aging models currently available. For each animal model, it presents key aspects of biology, nutrition, factors affecting life span, methods of age determination, use in research, and disadvantages/advantages of use. Chapters on comparative models take a broad sweep of age-related diseases, from Alzheimer's to joint disease, cataracts, cancer, and obesity. In addition, there is an historical overview and discussion of model availability, key methods, and ethical issues. Utilizes a multidisciplinary approach Shows tricks and approaches not available in primary publications First volume of its kind to combine both methods of study for human aging and animal models Over 200 illustrations

RNA-based Regulation in Human Health and Disease offers an in-depth exploration of RNA mediated genome regulation at different hierarchies. Beginning with multitude of canonical and non-canonical RNA populations, especially noncoding RNA in human physiology and evolution, further sections examine the various classes of RNAs (from small to large noncoding and extracellular RNAs), functional categories of RNA regulation (RNA-binding proteins, alternative splicing, RNA editing, antisense transcripts and RNA G-quadruplexes), dynamic aspects of RNA regulation modulating physiological homeostasis (aging), role of RNA beyond humans, tools and technologies for RNA research (wet lab and computational) and future prospects for RNA-based diagnostics and therapeutics. One of the core strengths of the book includes spectrum of disease-specific chapters from experts in the field highlighting RNA-based regulation in metabolic & neurodegenerative disorders, cancer, inflammatory disease, viral and bacterial infections. We hope the book helps researchers, students and clinicians appreciate the role of RNA-based

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regulation in genome regulation, aiding the development of useful biomarkers for prognosis, diagnosis, and novel RNA-based therapeutics. Comprehensive information of non-canonical RNA-based genome regulation modulating human health and disease Defines RNA classes with special emphasis on unexplored world of noncoding RNA at different hierarchies Disease specific role of RNA - causal, prognostic, diagnostic and therapeutic Features contributions from leading experts in the field

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