



Medical Blueprints

TIPS TO SLOW DOWN AGING REPORT #2883

BACKGROUND: Aging can affect all parts of the body. The most common change in the cardiovascular system is stiffening of the blood vessels and arteries, causing the heart to overwork. With age, bones tend to shrink in size and density, weakening them and making them more susceptible to fracture. Muscles generally lose strength, endurance and flexibility. Age-related structural changes in the large intestine can result in more constipation in older adults. Other contributing factors include a lack of exercise, not drinking enough fluids and a low-fiber diet. Your brain undergoes changes as you age that may have minor effects on your memory or thinking skills. Your gums might pull back from your teeth, while certain medications, such as those that treat allergies, asthma, high blood pressure and high cholesterol, also can cause dry mouth. Your skin thins and becomes less elastic and more fragile, and fatty tissue just below the skin decreases, and you might notice that you bruise more easily.

(Source: <https://www.mayoclinic.org/healthy-lifestyle/healthy-aging/in-depth/aging/art-20046070>)

WHAT YOU CAN DO: There are ways to be proactive in aging gracefully. According to the CDC, one in three American adults are getting less than 7 hours of sleep. The average needed is between 7 to 9 hours every night to help delay premature aging. A diet of fruits, vegetables, whole grains, and good fats improves health and also helps in putting off the appearance of aging. You can reduce stress and anxiety by prioritizing goals. Writing down what you need to do or what is stressing you removes the problem from your mind. Research shows yoga and meditation are two of the most powerful anti-aging tools. Apart from reducing stress and anxiety, yoga keeps your bones, muscles, and tendons supple and flexible, reducing the risk of injury. Fatigue, lack of focus, and headaches can occur if you're not drinking enough water, and dehydration can also lead to heart disease, asthma, and chronic pain. Brushing and flossing daily, as well as regular dental visits, protect teeth and gums from decay. The American Dental Association found that oral health is tied to our body's health. Finally, visiting the doctor regularly can catch signs of possible problems and early treatment, improving overall health.

(Source: <https://www.artofliving.org/us-en/blog/how-to-slow-down-the-aging-process-10-steps-you-can-take-now>)

HOPEFUL RESEARCH: Biogerontologists at University of Michigan's Paul F. Glenn Center for Aging Research have made significant strides toward unlocking the secret of longevity. Research shows through lab testing, anti-aging drugs have been shown to lengthen the average healthy lifespan of mice by 15-25 percent. "We have documented four different drugs that work in mice to decelerate aging and postpone the diseases and disabilities which make aging troublesome," says Richard Miller, PhD, director of the Glenn Center and professor of pathology at the medical school. So-called calorie-restriction diets can extend the average 2.5-year lifespan of mice by one year, or 40 percent. Translated into human terms, this anti-aging intervention would produce 112-year-old people with the same set of abilities and disabilities seen in today's 80-year-olds. "If our work leads to methods for accomplishing the same thing in humans, it would keep people healthy, happy, and productive for many more years. And that would be exciting for everybody," says Miller.

(Source: <https://labblog.uofmhealth.org/lab-report/a-new-drug-slows-aging-mice-what-about-us>)

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