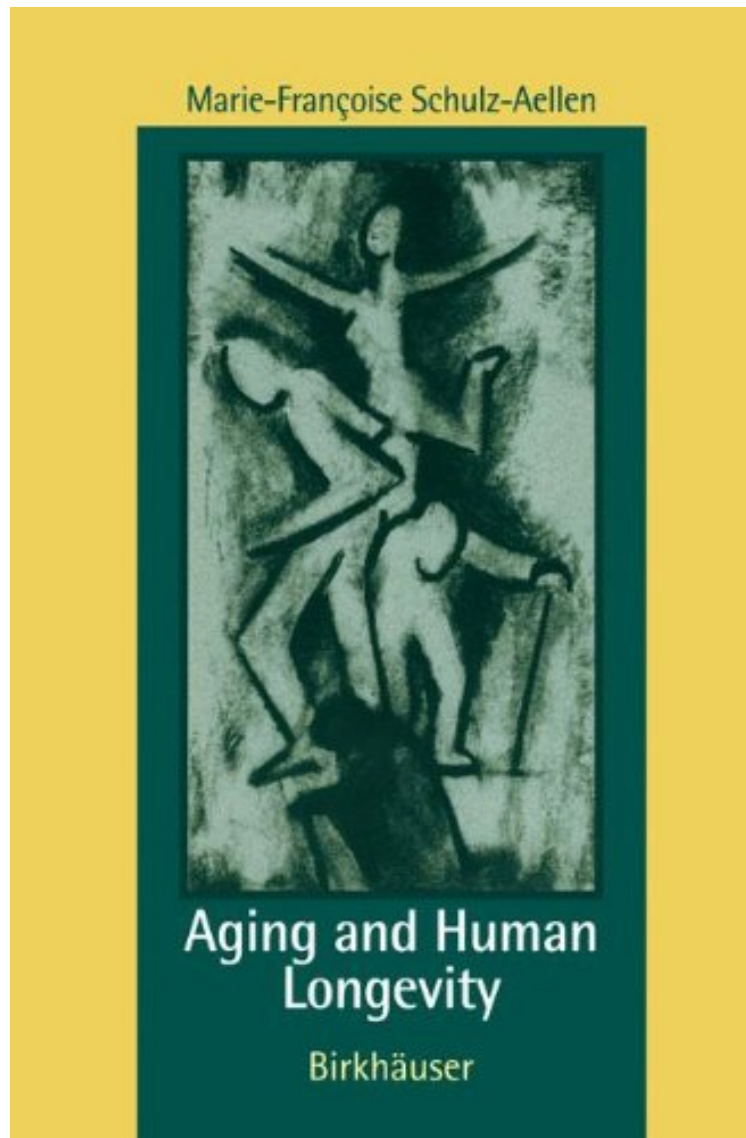


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## Aging and Human Longevity

*M.-F. Schulz-Aellen*

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**M.-F. Schulz-Aellen : Aging and Human Longevity** before purchasing it in order to gage whether or not it would be worth my time, and all praised Aging and Human Longevity:

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.

From the Back Cover 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.