

Predictive, Preventive and Personalized Medicine & Molecular Diagnostics

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Diet, aging, microbiome, health and social well being

Mohamed Abdulla

Primary care center, Almhult, Sweden

The relationship between the body and diet is a very intimate one compared to all other relations. During the 1960s and 1970s, dietary manipulations, especially caloric restrictions were found to retard aging. Research during the last couple of decades has shown that the number of independent molecules-processors contribute to human aging. This includes Metformin, Ratamycin, Resveratroan, Free radicals, hormones and gene modifications.

Ratamycin and related compounds such as Everolimus and Temsirolimus are found to interfere with the activity of a protein called Mammalian Tor (mTor). All these compounds and processors are known to extend the lifespan of a number of experimental animals and postpone age-related disorders such as cardio vascular diseases and cancer. Metformin is a very commonly used drug against diabetes and recent studies in England have shown that it can prolong the lifespan of humans without having diabetes. Free radicals theory of aging has become less specific in animals as well as in humans during the last decade. There are a number of genes that are known to interfere with human aging. Manipulation of some of these genes has found to increase human lifespan in some selected areas of the world. Telomeres are the time keepers of a self-life; each time a cell divides the length of the Telomeres is shortened and finally it disappears altogether. Many researchers are active at present in order to find ways of keeping Telomeres intact. In young blood cells there is a protein (GD lever) that is abundant one is young and giving the blood from younger mice to older ones to increase the lifespan of the older mice. This paper will describe some of the details of the molecule processors involved in the aging process. It will also discuss the importance of microbiome that influences health and disease.

Biography

Mohamed Abdulla has completed his Md-PhD from the University of Lund, Sweden and currently working as professor of medicine for the Swedish medical board. He has published over 300 original publications and several chapters in textbooks. He is currently active in the field of diet and aging.

abdulla39@hotmail.com

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