



The Specificity of Aging Process and Genetics

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DESCRIPTION

Aging is the gradual accumulation of changes over time that are associated with or responsible for the increasing susceptibility to disease and death that comes with getting older. These changes over time are attributed to the ageing process. The nature of the ageing process has long been a source of debate. The accumulation of evidence now indicates that the sum of the deleterious free radical reactions occurring continuously throughout the cells and tissues constitutes or is a major contributor to the ageing process. The majority of free radical reactions in mammalian systems involve oxygen.

The complex cause of the ageing process in humans and animals, which is currently the subject of intense speculation, has given rise to numerous theories. Regardless of its unknown cause, ageing is the most significant and universal problem confronting physicians today. Because of the anticipated "old-age boom" in the first decade of the twenty-first century, physicians are extremely concerned about age-related physiologic deterioration and age-related diseases.

Biomedical research advances in the twentieth century enabled more people to approach the fixed upper limit of human lifespan. They discuss the functional decline of the ageing heart and the underlying mechanisms of that decline; quantitative and qualitative changes in the immune system; and normal ageing of the human brain in comparison to Alzheimer disease brain changes. With our growing geriatric population, we urgently need to improve our understanding of the causes of human ageing as well as the goals of gerontology and geriatrics, as well as

to expand research into the serious problem of Alzheimer disease. Although numerous hypotheses have been proposed to explain the ageing process, the precise mechanisms remain unknown. Recent evidence suggests that dysregulation of the apoptotic process may be involved in some ageing processes; however, it is still unclear how apoptosis is expressed *in vivo* during ageing. In this paper, it discuss recent findings and their implications regarding apoptosis of individual organs during ageing. This study show that ageing increases apoptosis and susceptibility to apoptosis in a variety of intact cells. Aging, on the other hand, suppresses these age-associated apoptotic changes in certain genetically damaged, initiated, and preneoplastic cells.

Aging is the accumulation of changes that cause the sequential changes that come with getting older and the associated progressive increases in the risk of disease and death. Average life expectancy at birth in developed countries is approaching a plateau as ageing changes caused by the environment and disease reach irreversible levels.

In developed countries, the inborn ageing process is now the leading cause of disease and death after the age of 28, limiting average life expectancy at birth to about 85 years. Future significant increases in average life expectancy a rough measure of the healthy, productive life-span, i.e., the functional life-span in these countries will be possible only by slowing the rate at which the ageing process produces ageing changes.

The accumulation of various deleterious changes caused by ageing throughout the cells and tissues gradually impairs function and can eventually lead to death.

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