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Nota di contenuto	Chapter 1. Genetics and Epigenetics of Ageing and Age Associated Diseases -- Chapter 2. Coenzyme Q as an anti aging strategy -- Chapter 3. Autophagy as a Promising Therapeutic Target in Age-Associated Neurodegenerative Disorders -- Chapter 4. Glycolytic inhibitors as Caloric Restriction Mimetics (CRM) -- Chapter 5. Anti-aging and rejuvenation based on stem cell therapy -- Chapter 6. Novel strategies for metformin as an anti-aging drug in skin aging -- Chapter 7. Anti-inflammatory-dependent anti-aging strategies -- Chapter 8. Spermidine, an autophagy inducer, as a therapeutic anti-aging strategy -- Chapter 9. Melatonin in Aging and Aging Related Disorders -- Chapter 10. Intermittent fasting as an anti-aging strategy -- Chapter 11. The role of curcumin as an anti-aging compound -- Chapter 12. The Role of Telomerase Activators in Anti-Aging Strategies and Their Clinical Potential -- Chapter 13. Clinical Laboratories and Their Role in Anti-Aging Strategies -- Chapter 14. Antiaging strategies based on sirtuin activation -- Chapter 15. A vaccine for the pandemic of ageing?

Conceptual and ethical issues -- Chapter 16. Cognitive and emotional ageing across the life span: Implications for building the cognitive reserve and resilience -- Chapter 17. Tissue reconstructive & regenerative medicine approach as an anti-ageing intervention: Relevance to age-induced Osteoarthritis -- Chapter 18. Age-Adjustment Expertise in Animal Models of Human Diseases.

Sommario/riassunto

The book focuses on the emerging anti-aging approaches for maintaining better health in old age. It provides a current understanding of the underlying principle, possible targets, implementation approaches, and efficacy of the various anti-aging strategies. The chapters include a wide range of topics incorporating the major advances in anti-aging strategies, including telomerase activation, stem cell therapy, autophagy induction, sirtuin activation, and dietary restrictions. Further, it discusses the epigenetic mechanisms underlying aging-related processes and epigenetic strategies to delay and reverse aging-related diseases. The book covers the strategy based on tissue engineering and regenerative medicine for understanding the complexity of aging and restoring the functionalities of organ systems. It further presents the applications of melatonin supplementation-based anti-aging therapeutic intervention. Finally, the book reviews the ethical dimension of anti-aging intervention strategies. This book is immensely useful to scientists and researchers from various disciplines in the life sciences. .
