

1. Record Nr.	UNINA9910824844703321
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Titolo	A means to an end : the biological basis of aging and death / / William R. Clark
Pubbl/distr/stampa	New York ; ; Oxford, [England] : , : Oxford University Press, , 1999 ©1999
ISBN	0-19-770158-2 1-280-50204-5 9786610502042 0-19-512593-2 0-19-802911-X 0-19-534839-7 1-60256-775-1
Descrizione fisica	1 online resource (252 p.)
Disciplina	612.6/7
Soggetti	Cells - Aging Apoptosis
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Originally published: 1999.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Contents; Acknowledgments; Introduction; 1. Aging, Senescence, and Lifespan; 2. The Nature of Cellular Senescence and Death; 3. The Evolution of Senescence and Death; 4. Of Embryos and Worms and Very Old Men: The Developmental Genetics of Senescence and Lifespan; 5. Human Genetic Diseases That Mimic the Aging Process; 6. Cycling to Senescence; 7. Replicative Immortality: Cancer and Aging; 8. Caloric Restriction and Maximum Lifespan; 9. With Every Breath We Take: Oxidative Stress and Cellular Senescence; 10. The Aging Brain; 11. A Conditional Benefit; Bibliography; Index
Sommario/riassunto	In this work, the various theories of ageing are explained and assessed. The author presents case accounts about disorders that open windows on to the ageing process. The impacts of ageing on the brain and nervous system are given special attention, as are the effects of caloric restriction on maximum lifespan.

