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## Sommario/riassunto

This book considers aging a disease and summarizes the leading-edge research and fact on anti-aging medicine and the aging mechanism. It provides the basics and biology of aging science, followed by presenting clinical studies such as exercise, nutrition, mental health (brain, sleep), and treatment interventions. The book also discusses aging control and considers behavioral, environmental, and societal implications for healthy aging. The field of aging science is interdisciplinary, and there are much more uncertainties; thus, it is crucial to summarize what is currently known to set a foundation for future research. The International Classification of Diseases by the World Health Organization (WHO) has given the aging-related disease a subcode of XT9T. This trend advanced research of aging-related sicknesses and the concept that infirmities associated with old age can be controlled, such as cancer, dementia, and cardiovascular diseases. Basic research has progressed, and clinical applications have become available, resulting in significant social changes. As increased life expectancy is happening over the globe, we are facing unprecedented challenges, and anti-aging medicine is a key to treating population growth, environmental problems, etc., as problems for the entire planet. Anti-Aging Medicine: Basics and Clinical Practice is an English translation of the publication by the Japanese Society of Anti-Aging Medicine. It is an insightful source for healthcare professionals and scholars in anti-aging and geriatrics. It will attract pharmaceutical, Information Technology, and Artificial Intelligence industries associated with aging-responsive markets. The English translation of this book, originally in Japanese, was facilitated by artificial intelligence. A subsequent human revision of the content was done by the editors and authors.

5\_Anti-Ageing and Environment. -- Part 6\_Anti-Aging and Society.