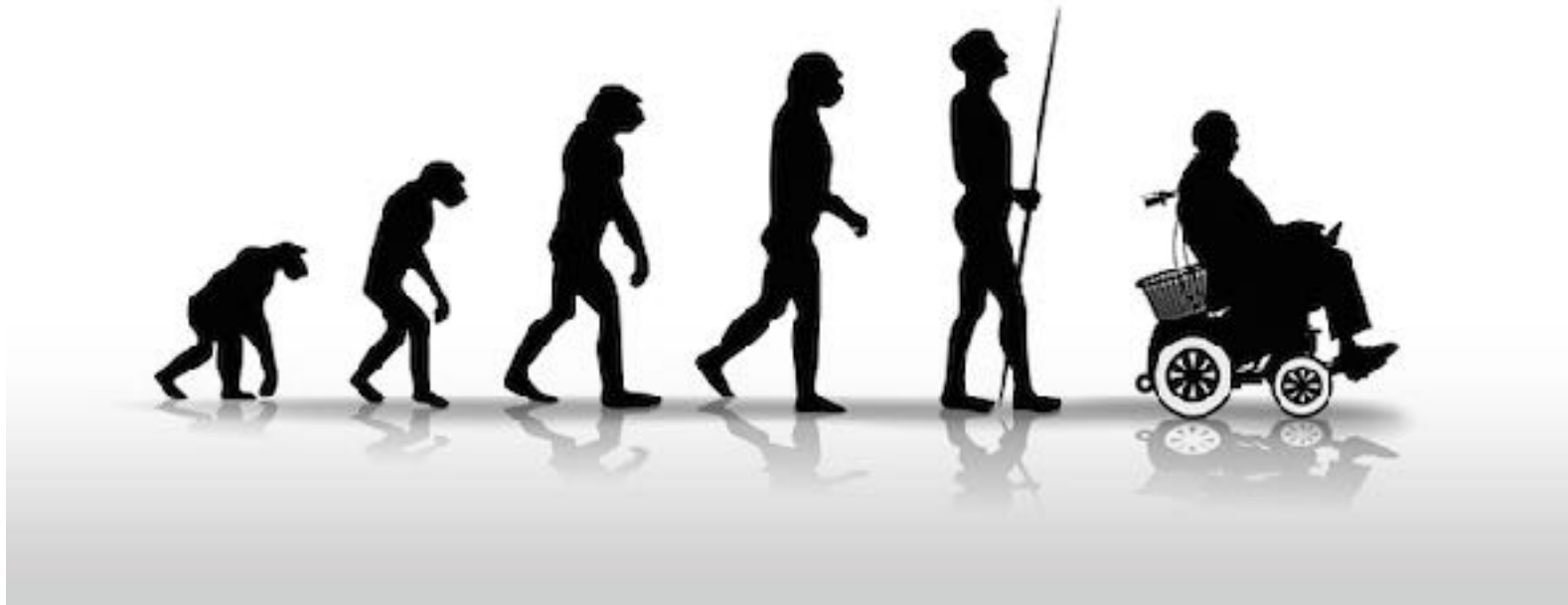


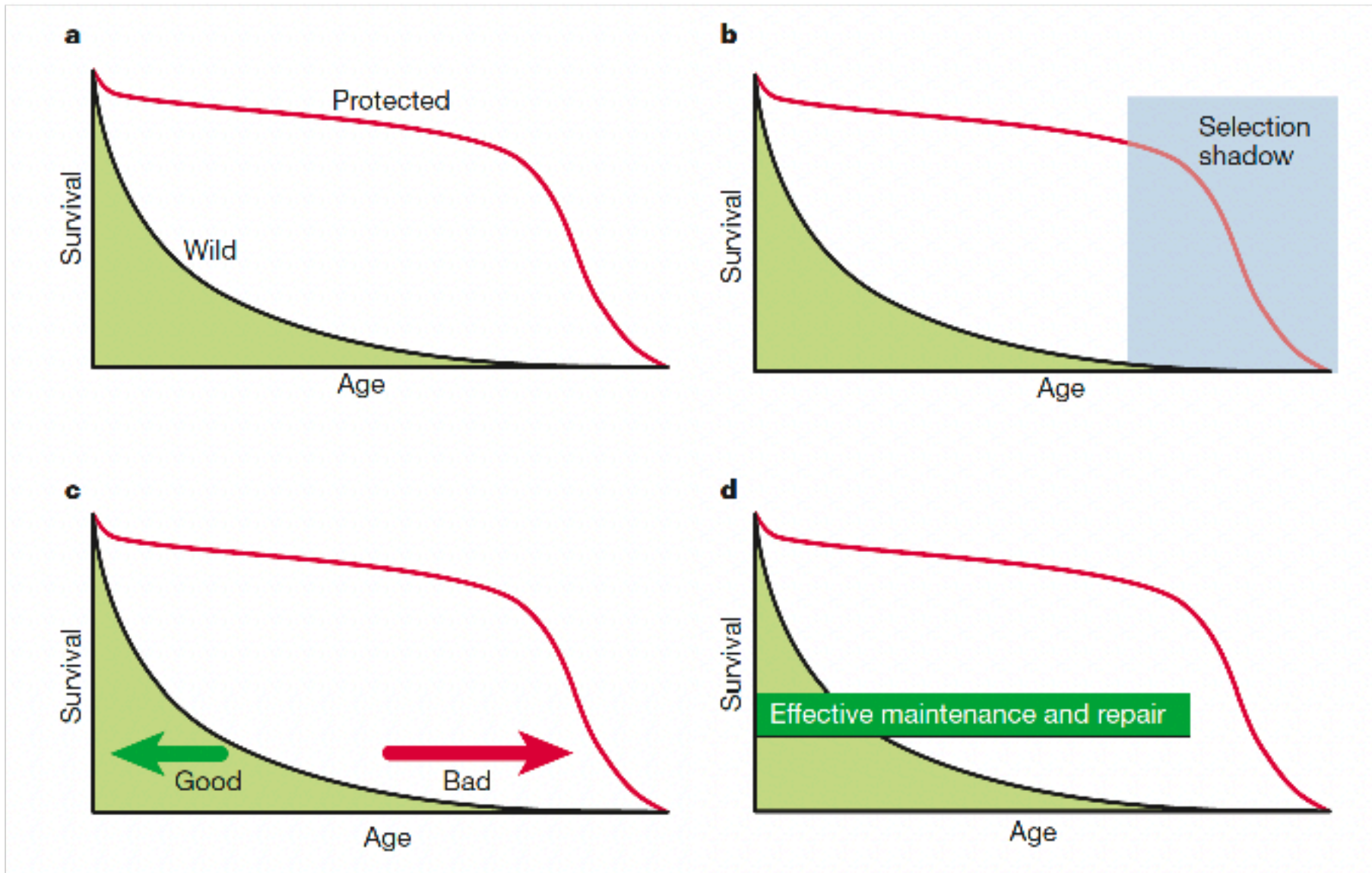
prima venne la Biologa...



Perché esiste l'invecchiamento?



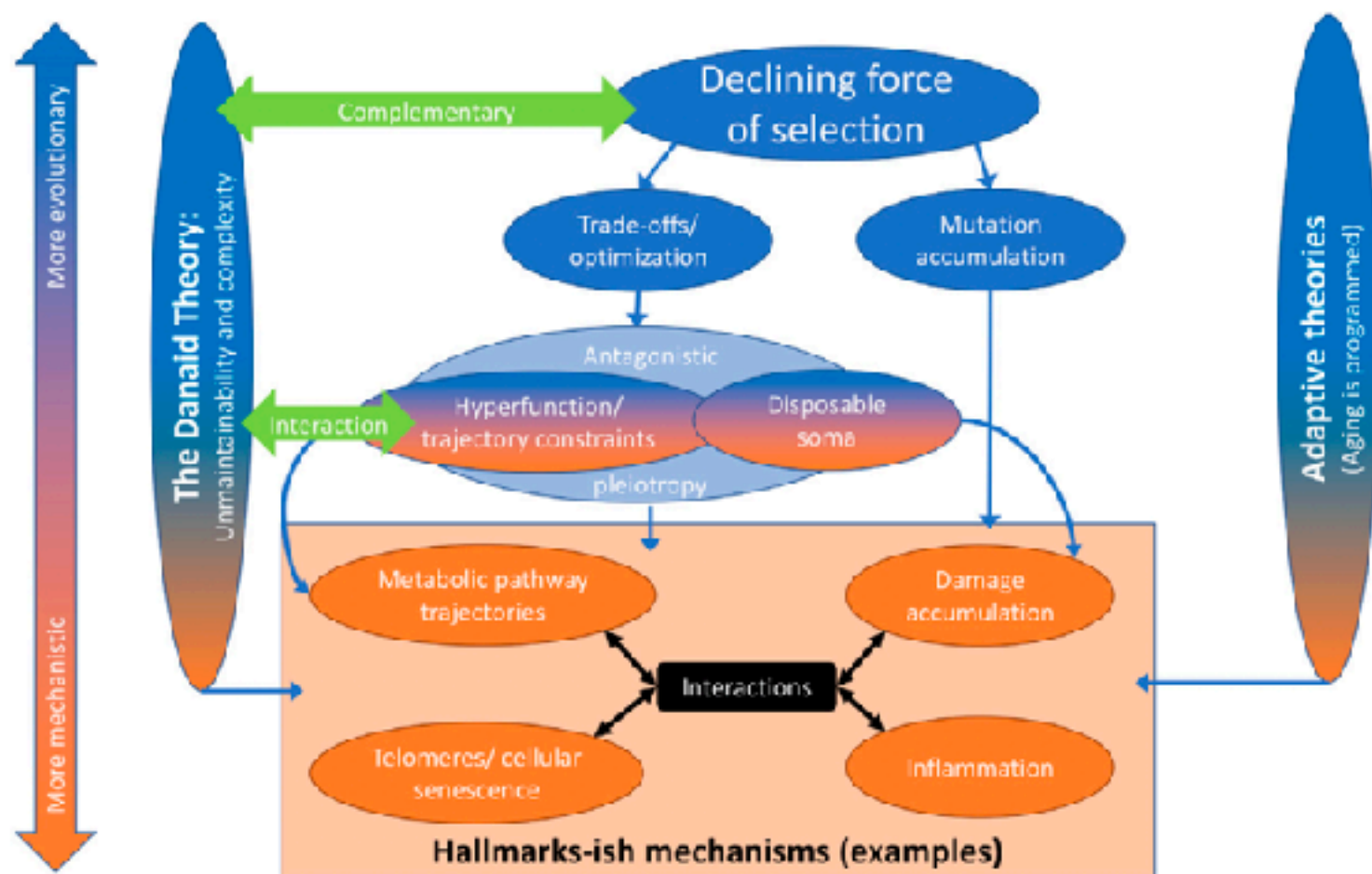




Kirkwood et Austad, Nature 2000

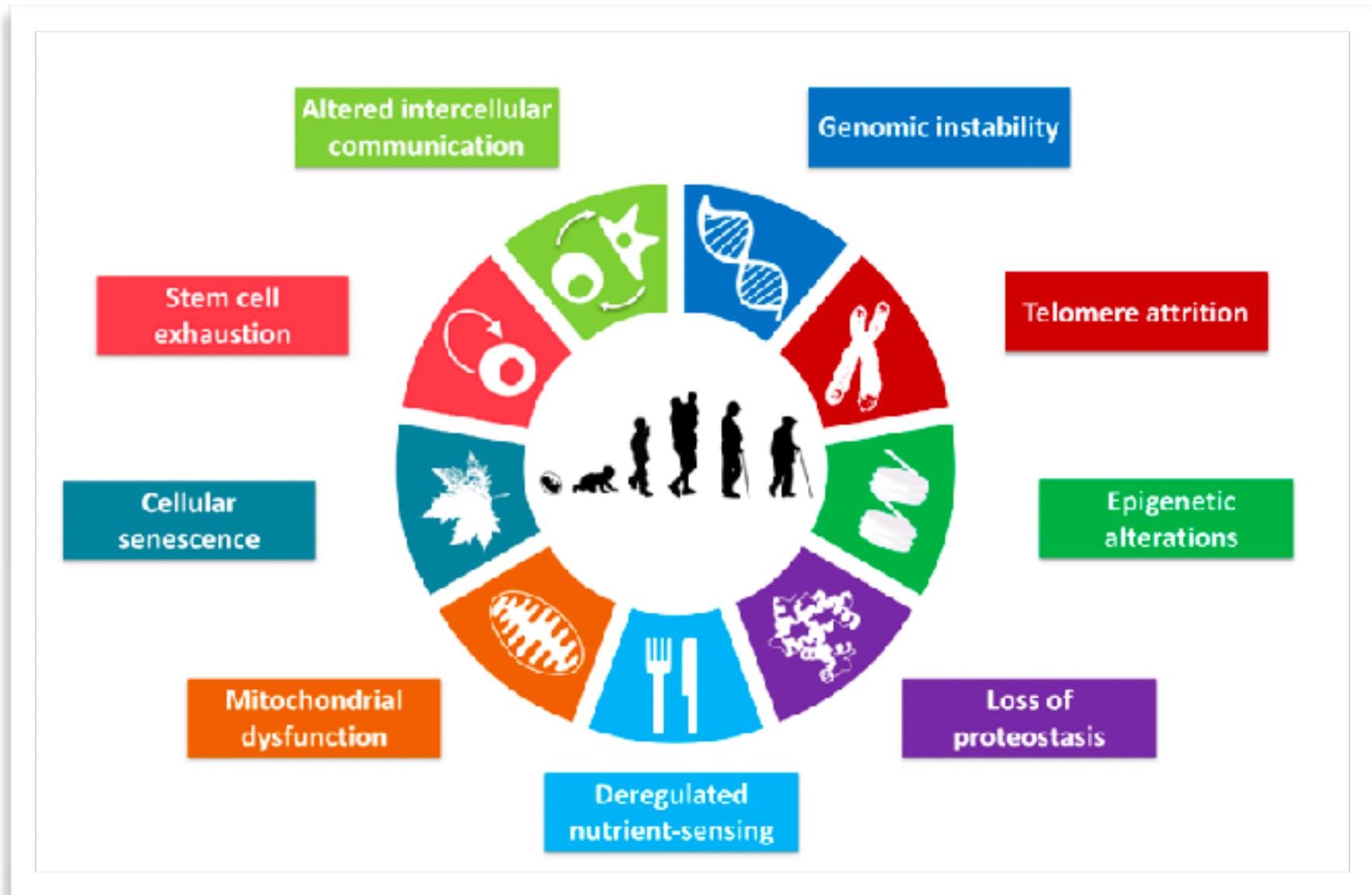


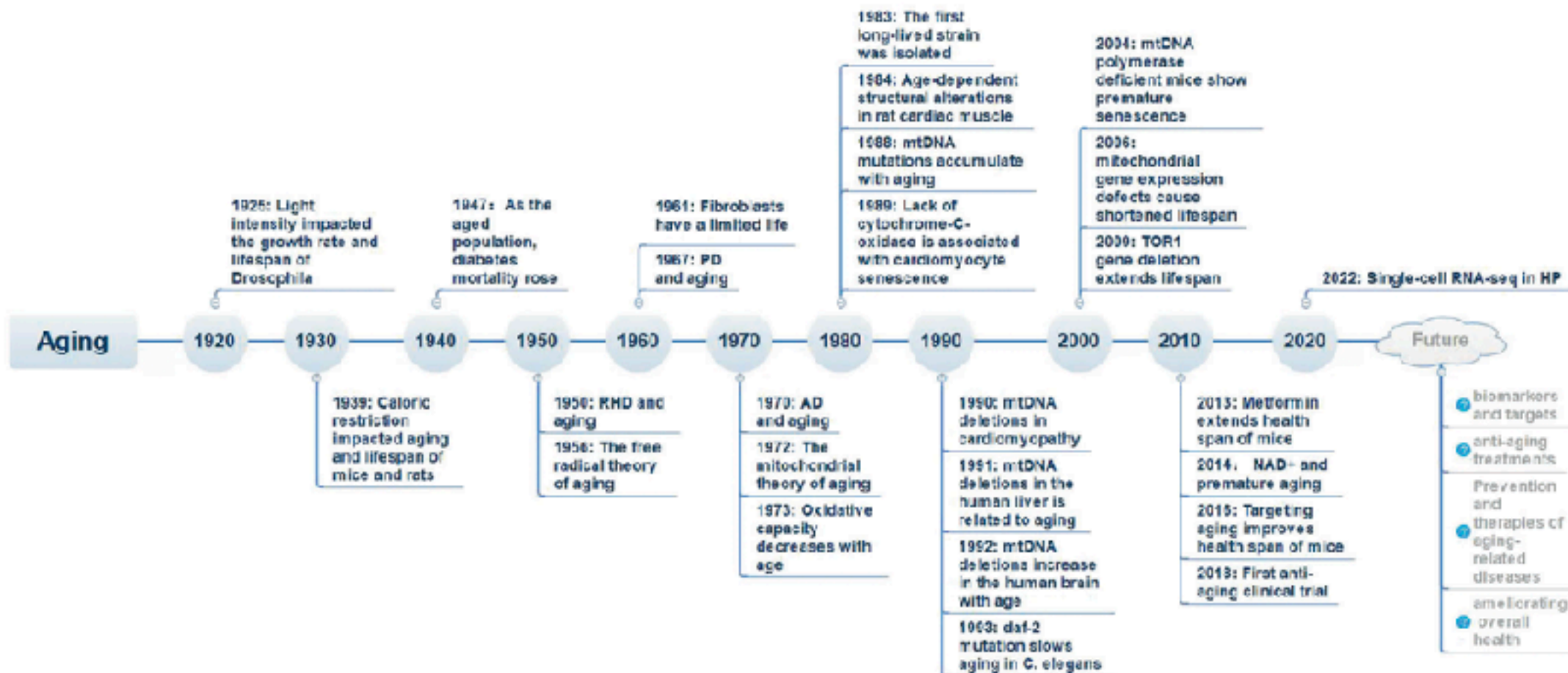
Taxonomy of aging theories

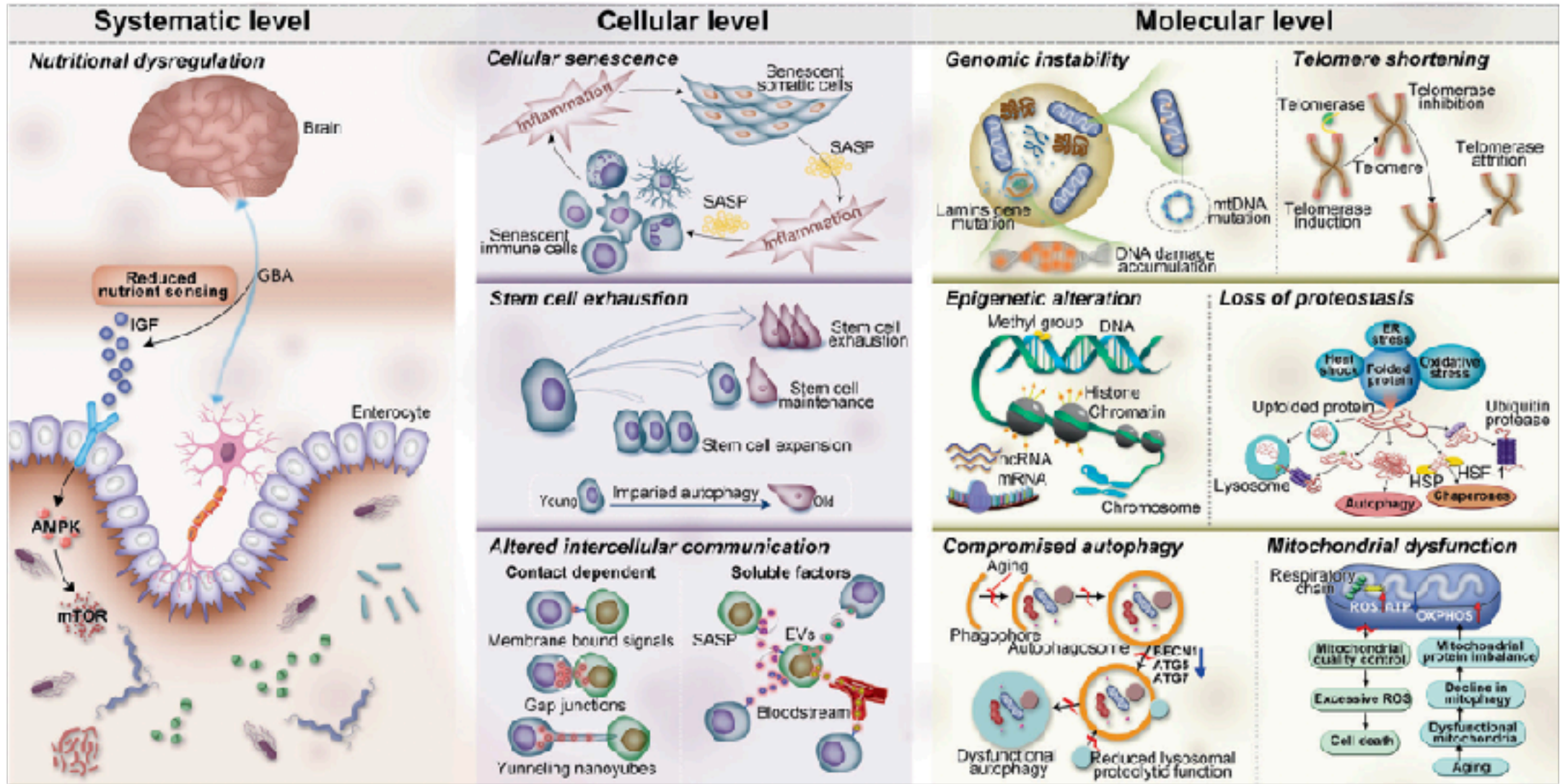


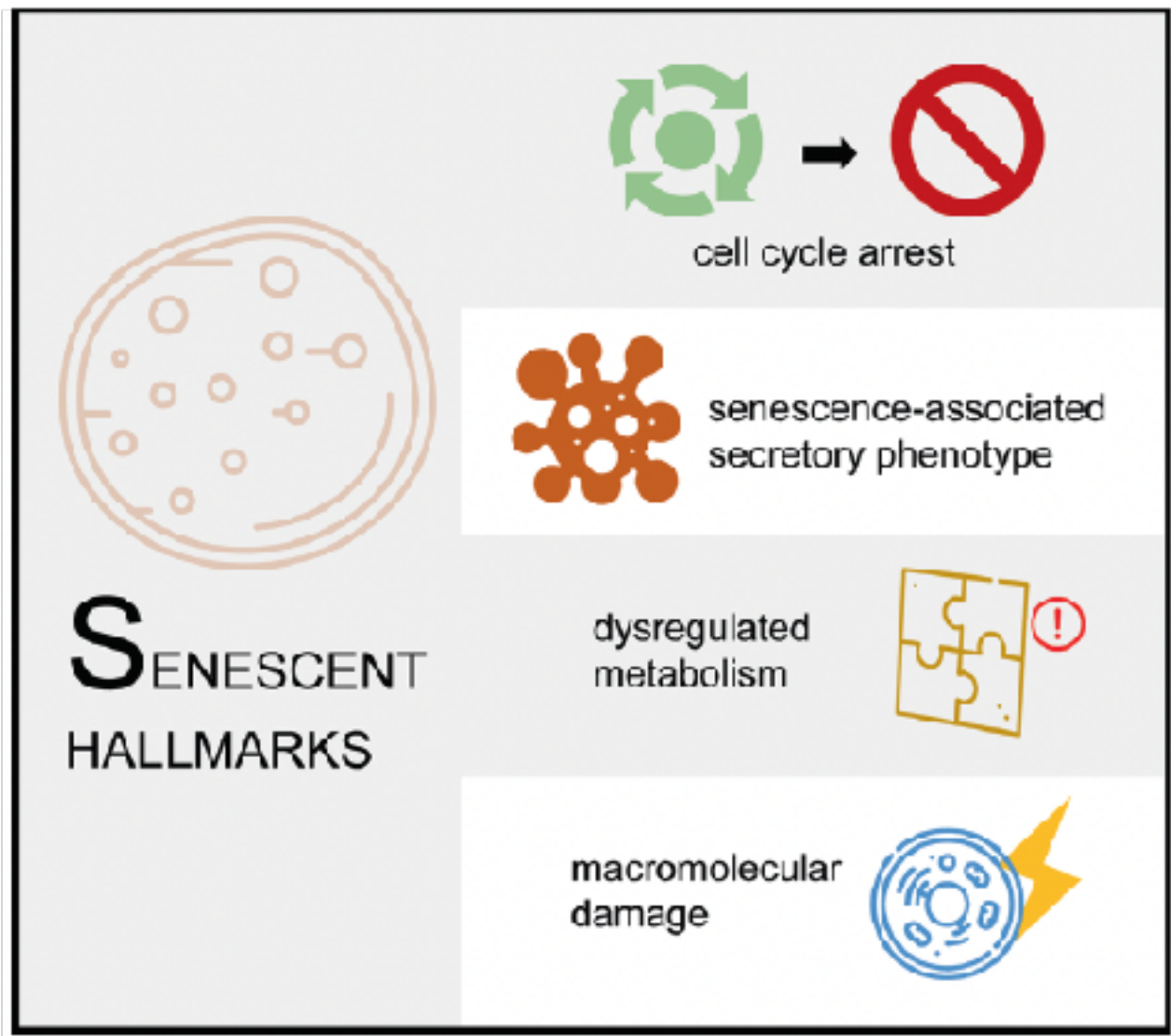
Perché invecchiamo?











SENESCENT
HALLMARKS

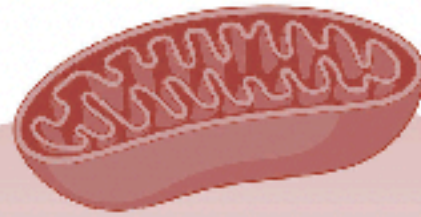
cell cycle arrest

senescence-associated secretory phenotype

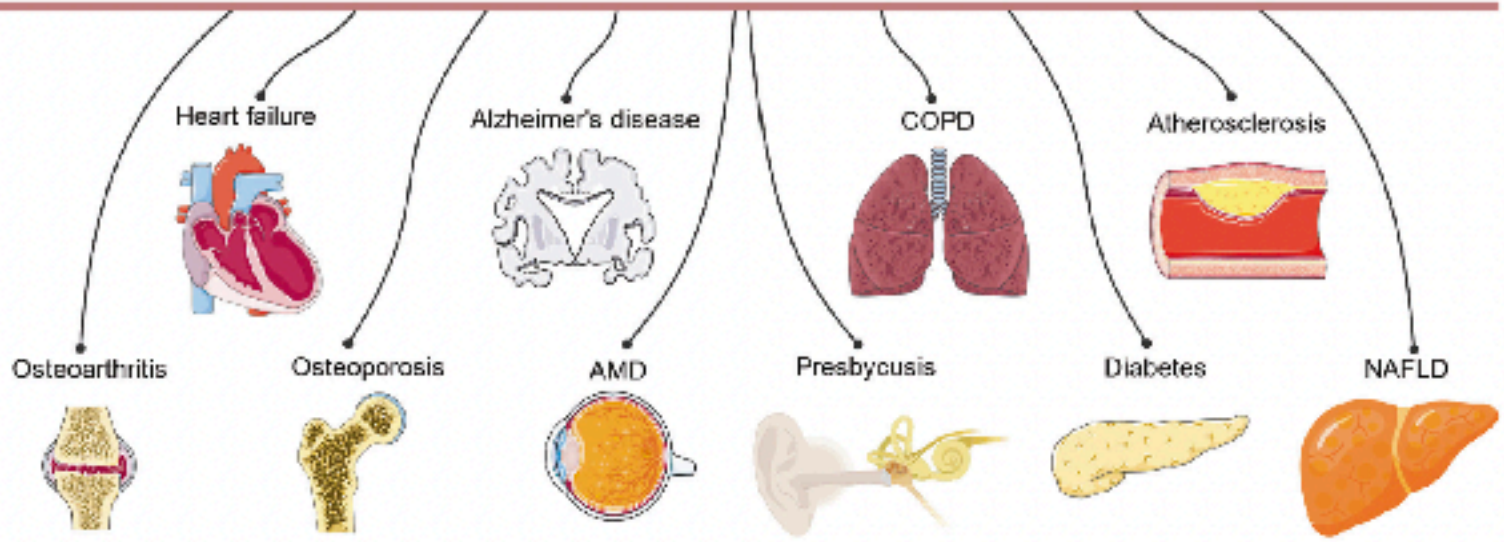
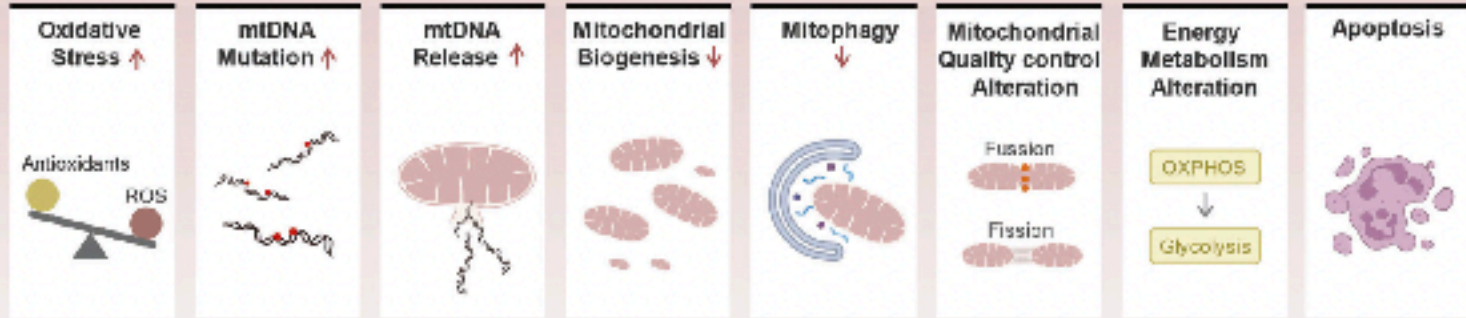
dysregulated metabolism

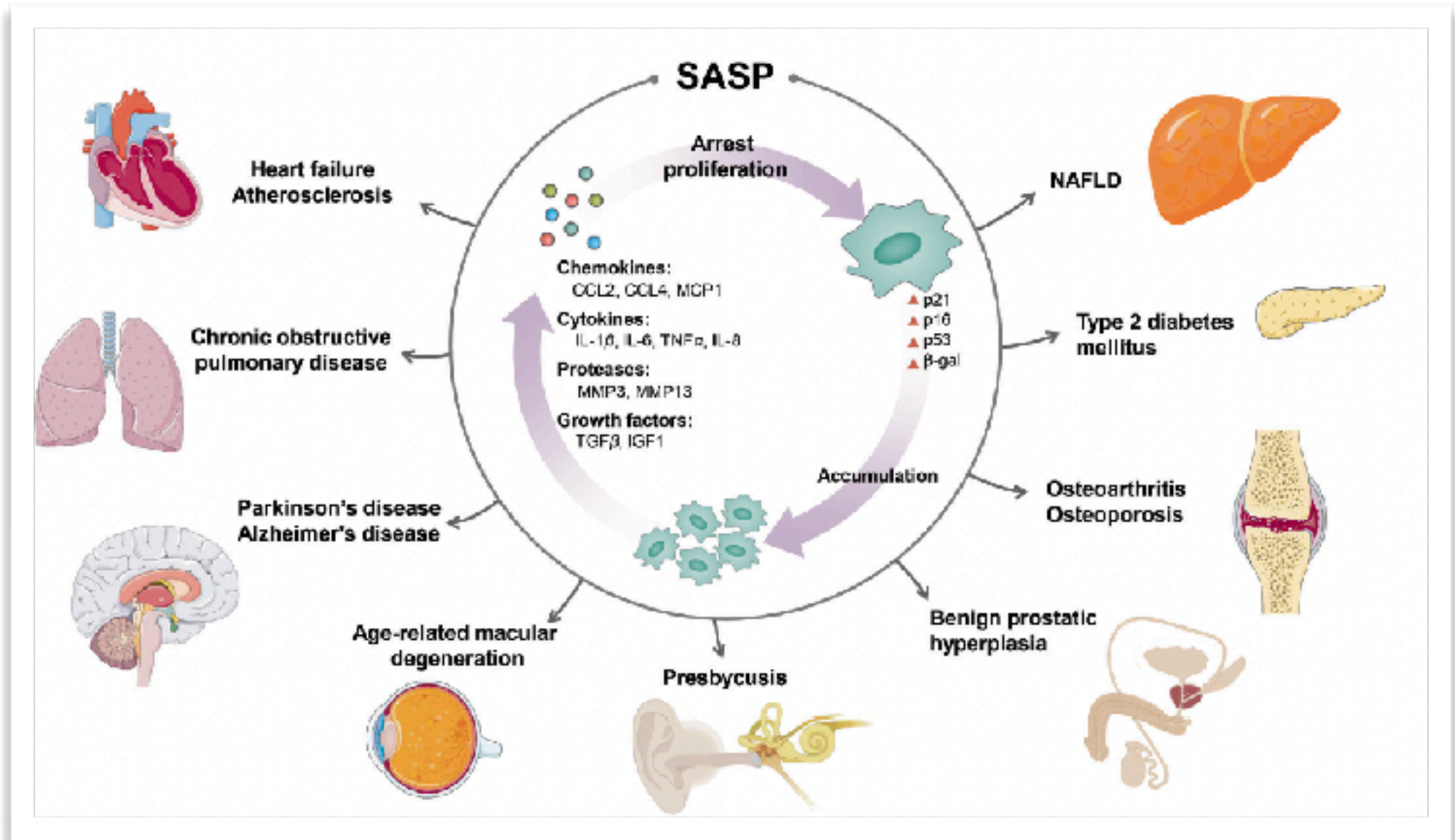
macromolecular damage





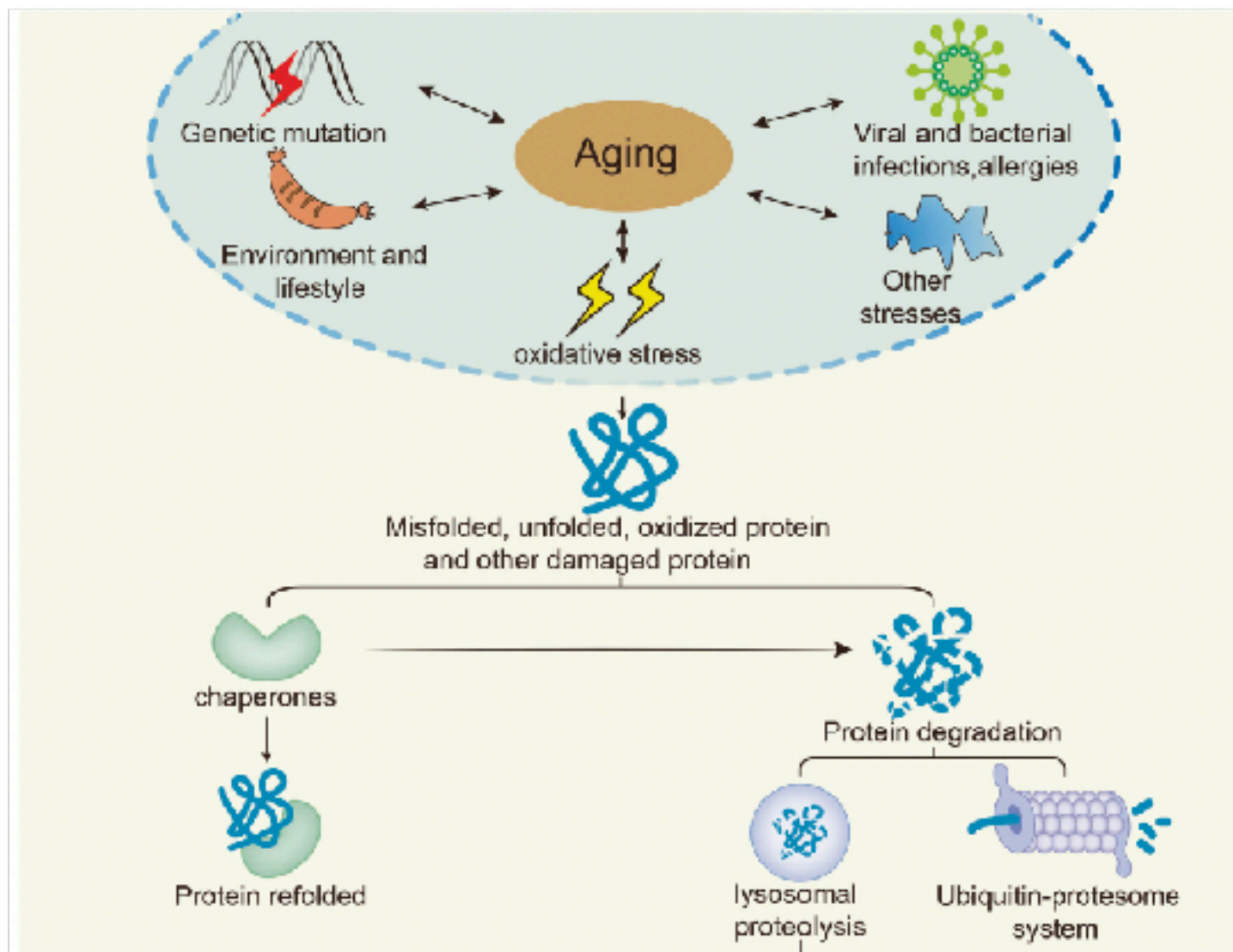
Aging

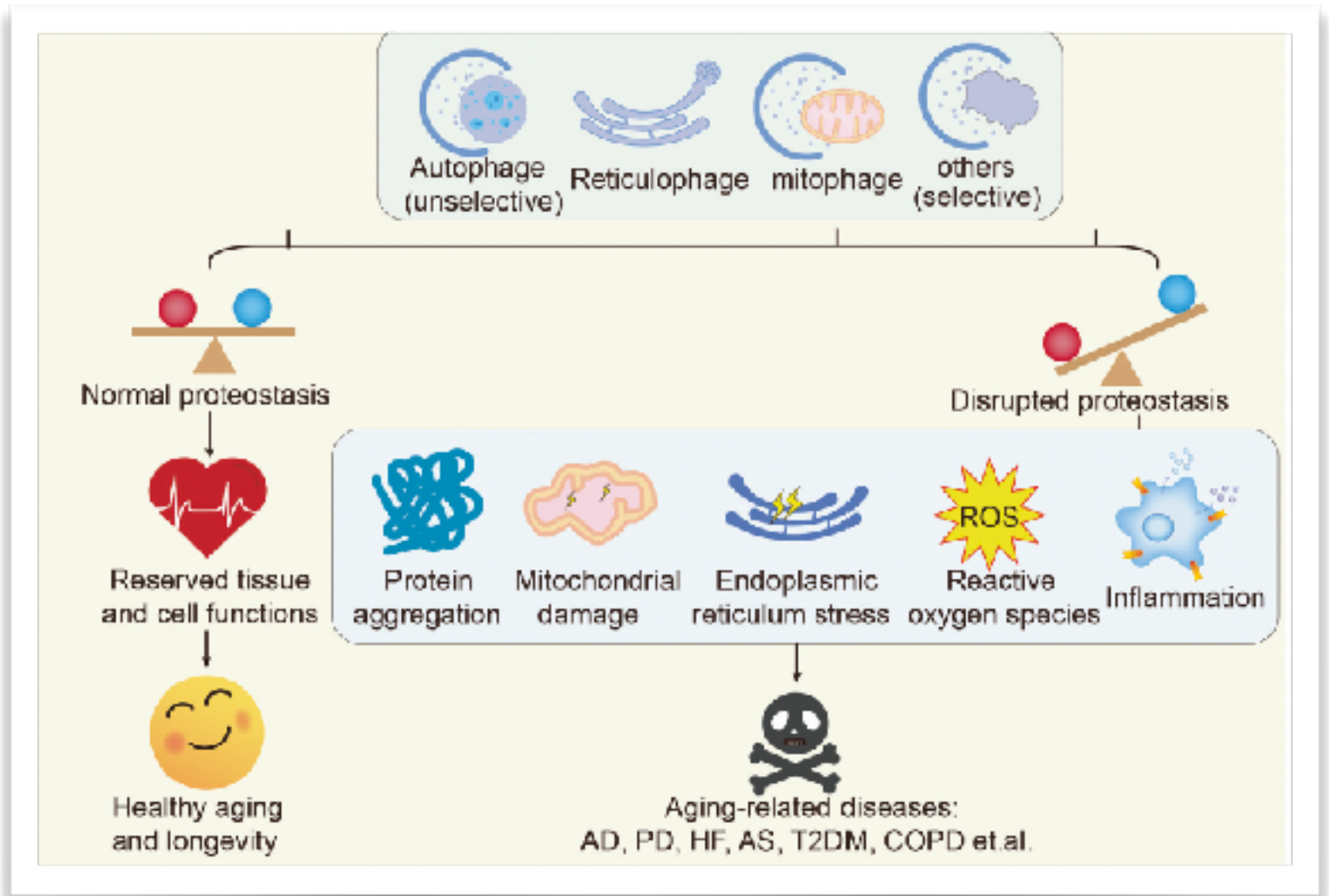


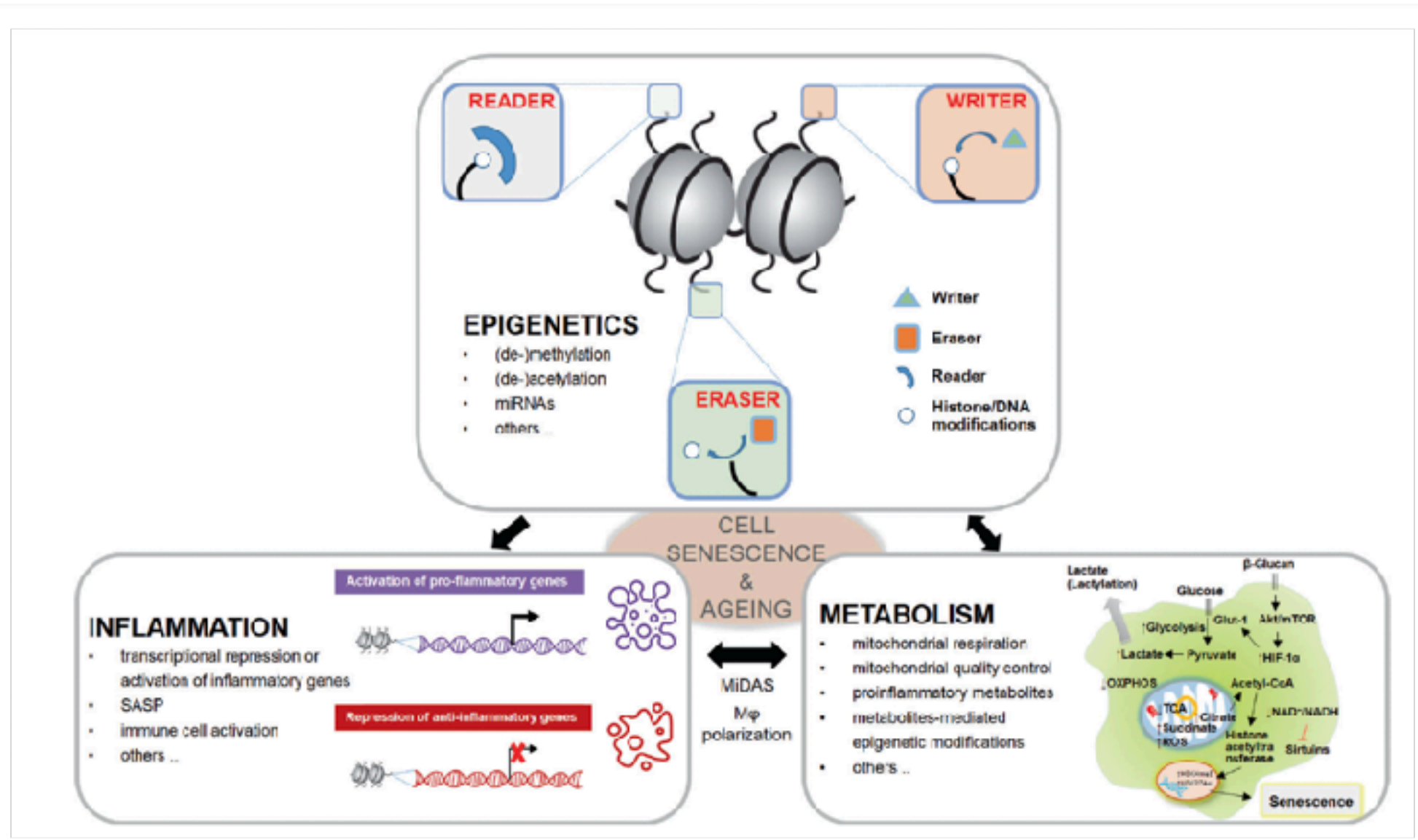


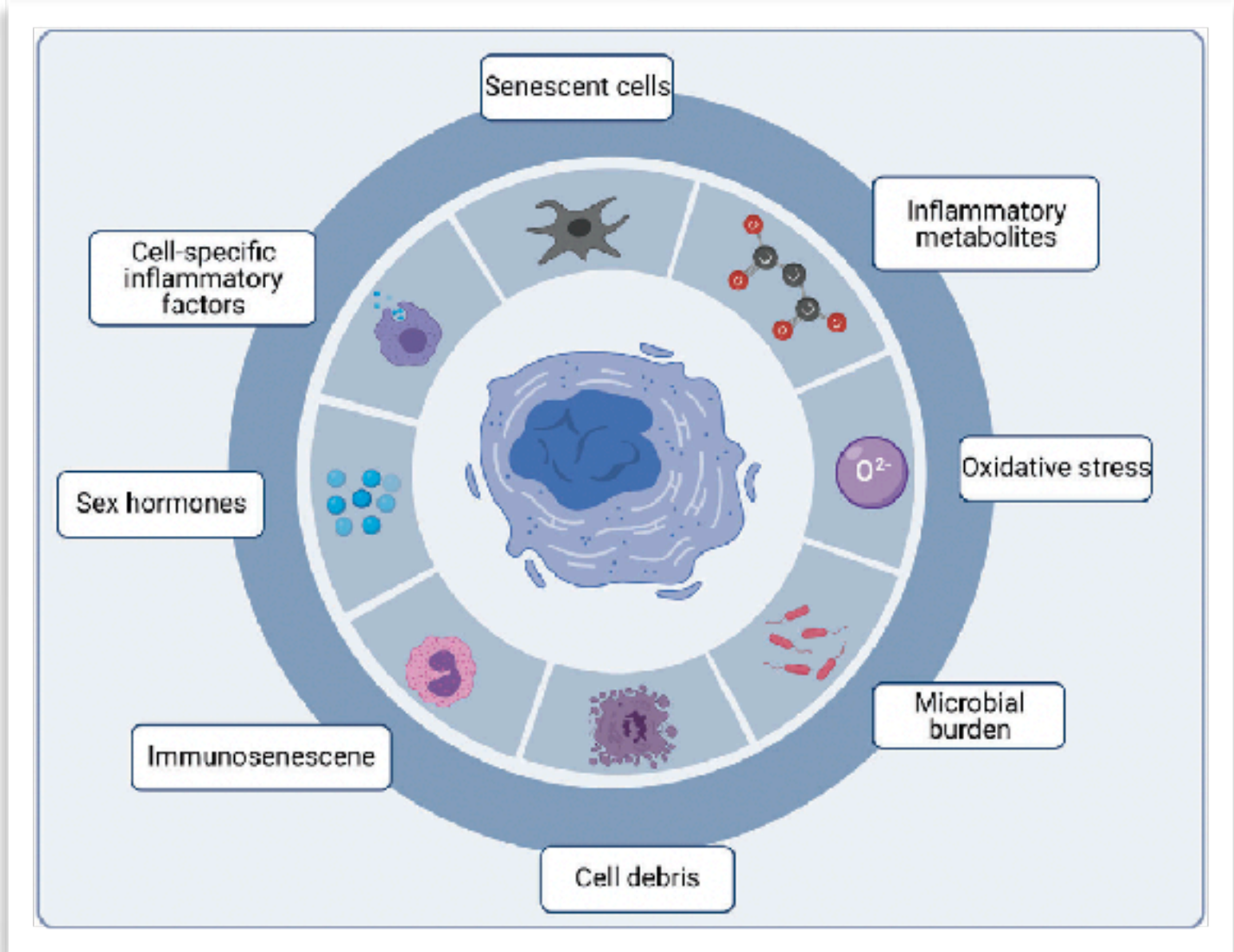
Guo et al, Signal Transduction and Targeted Therapy 2022

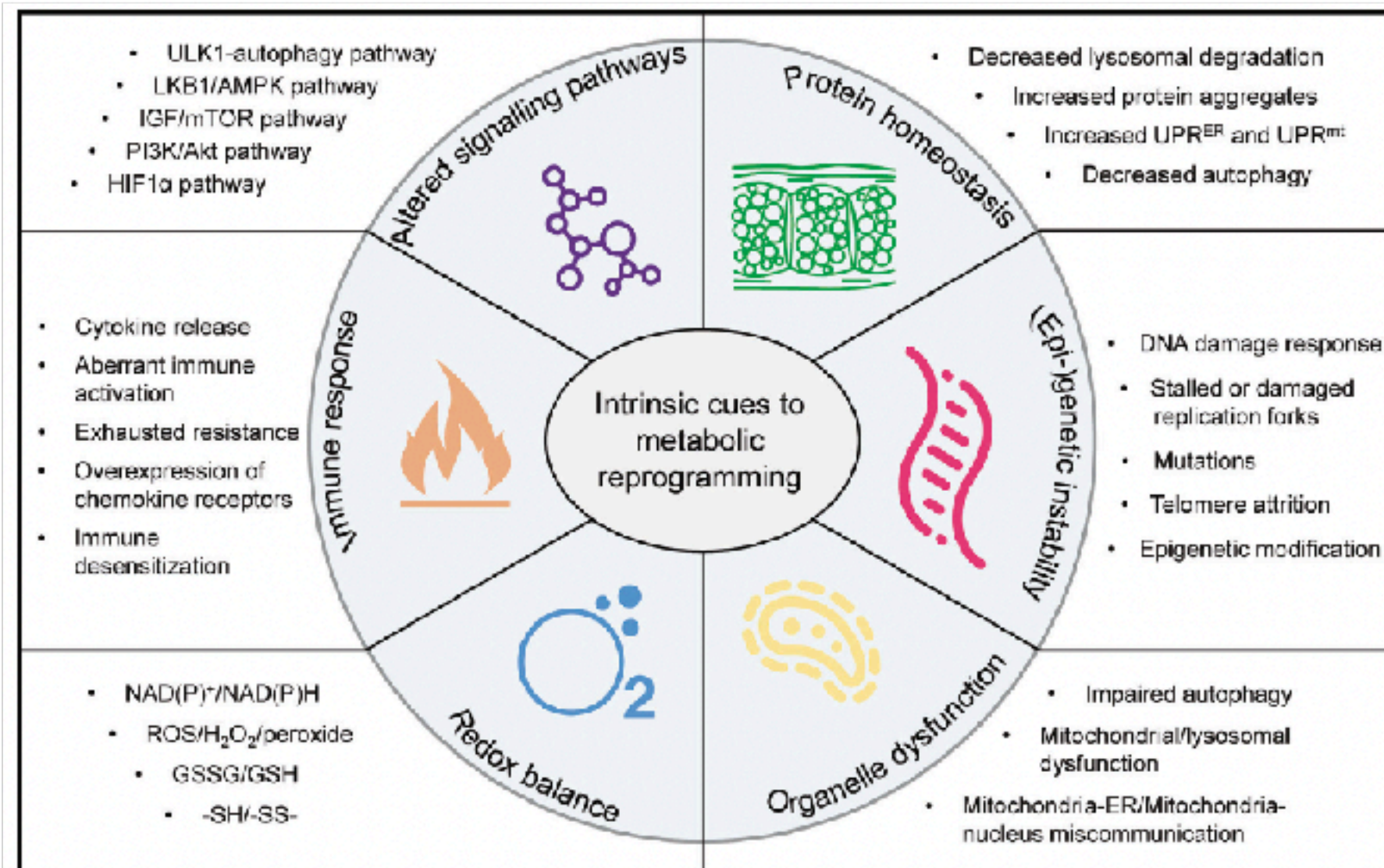






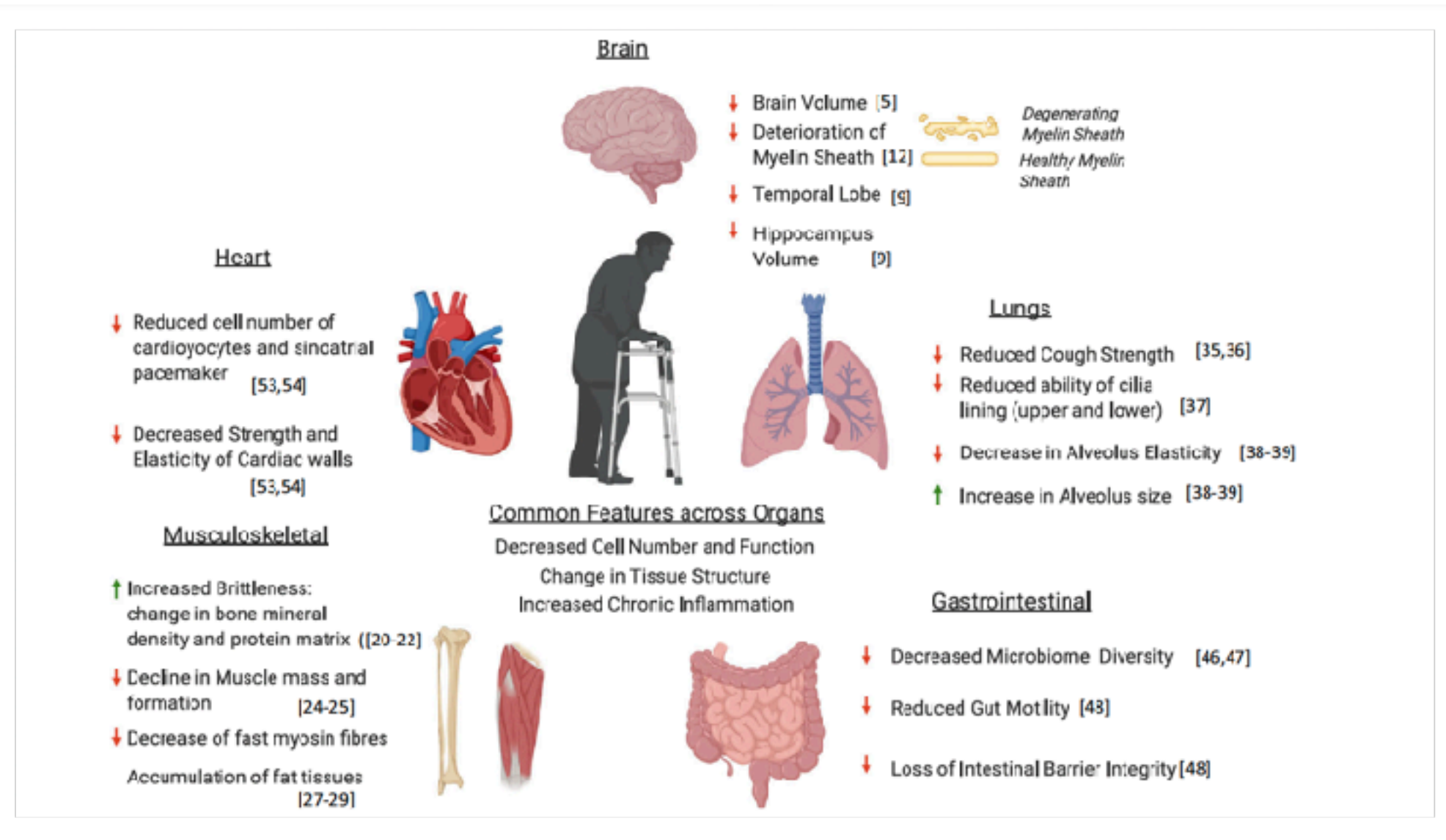


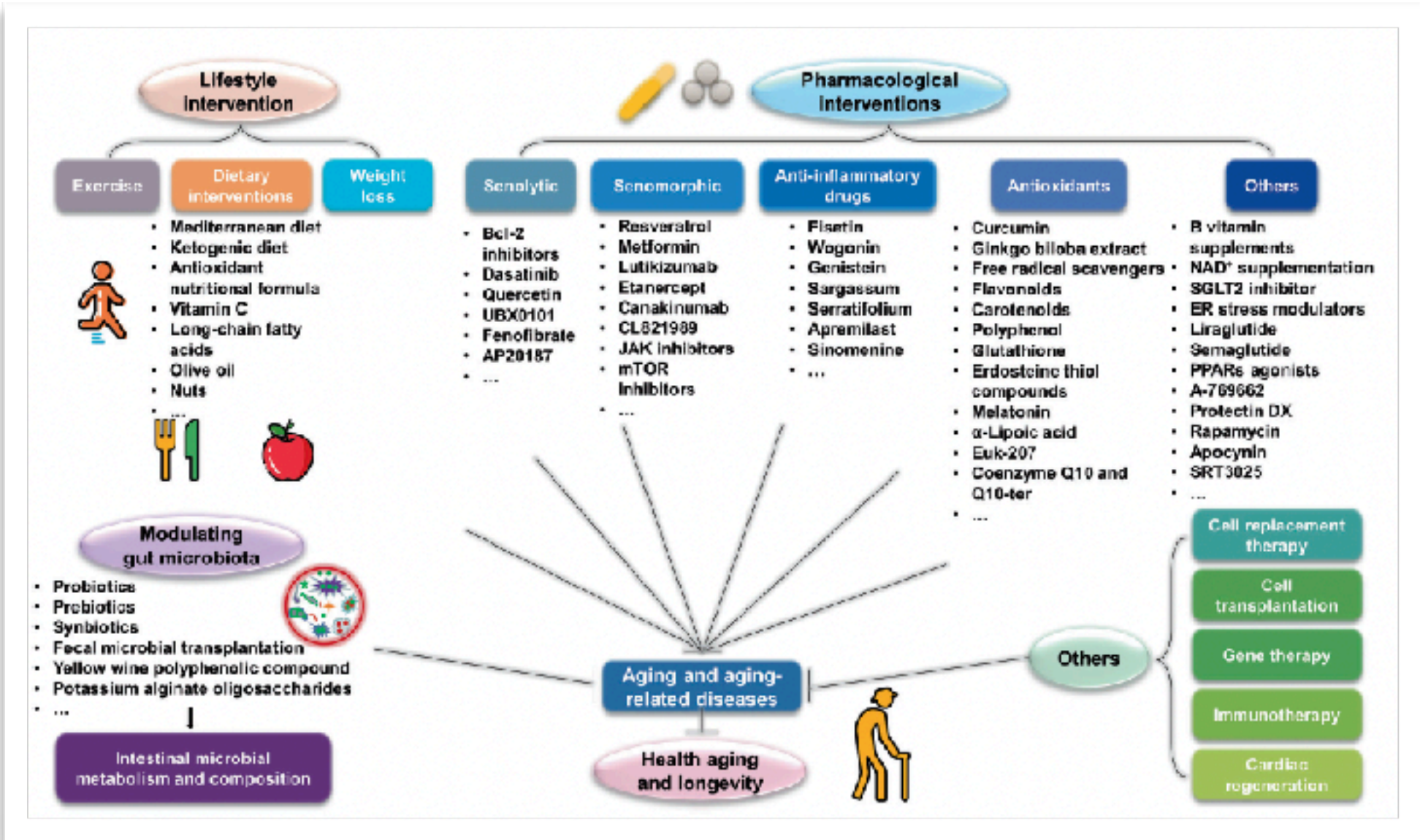


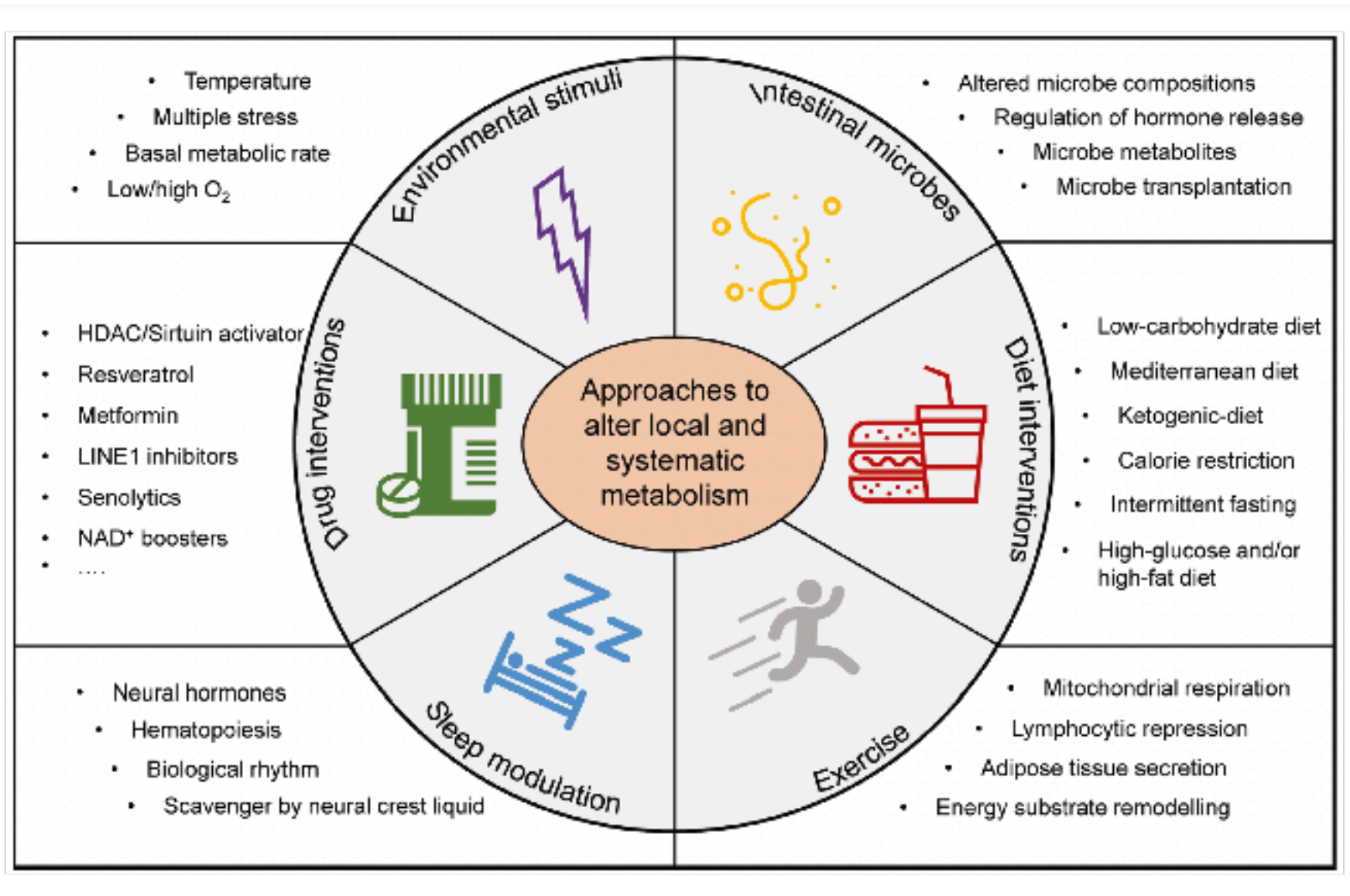


...poi arrivò la Nutrizionista

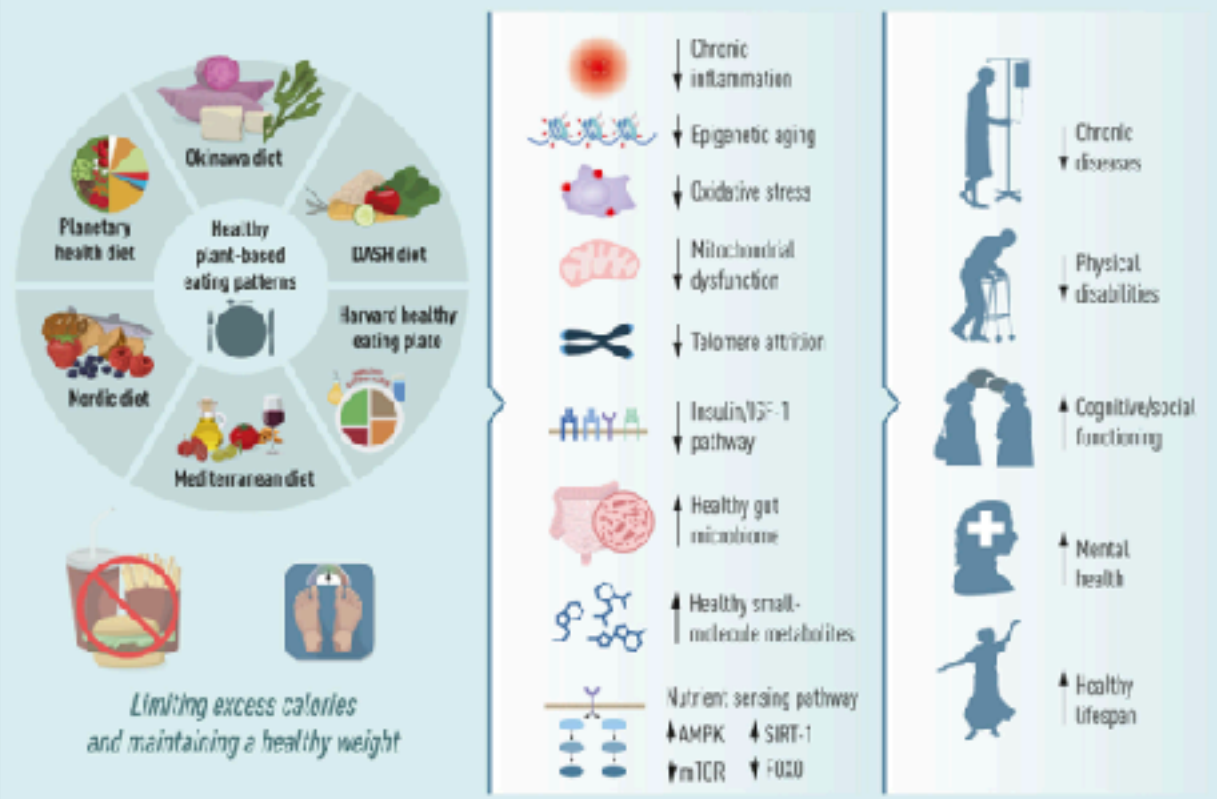








Diet strategies for promoting healthy aging and longevity: An epidemiological perspective



JIM Journal of Internal Medicine
Founded in 1843



Il nostro ruolo là fuori





OPEN

The economic value of targeting aging

Andrew J. Scott¹✉, Martin Ellison² and David A. Sinclair³

Developments in life expectancy and the growing emphasis on biological and ‘healthy’ aging raise a number of important questions for health scientists and economists alike. Is it preferable to make lives healthier by compressing morbidity, or longer by extending life? What are the gains from targeting aging itself compared to efforts to eradicate specific diseases? Here we analyze existing data to evaluate the economic value of increases in life expectancy, improvements in health and treatments that target aging. We show that a compression of morbidity that improves health is more valuable than further increases in life expectancy, and that targeting aging offers potentially larger economic gains than eradicating individual diseases. We show that a slowdown in aging that increases life expectancy by 1 year is worth US\$38 trillion, and by 10 years, US\$367 trillion. Ultimately, the more progress that is made in improving how we age, the greater the value of further improvements.



La nutrizione umana è un crocevia



“Old age is like everything else. To make a success of it, you’ve got to start young.” — Theodore Roosevelt

