Featured
Impact of COVID-19 on 2020 US life expectancy

Headline vs study
Headline: This is the best diet for healthy aging, according to a new study
Study: Higher diet quality relates to decelerated epigenetic aging

Contrary or Null Findings
NAD+ precursor supplementation fails to improve skeletal muscle function in physically impaired older adults

Glutathione supplementation decreases lifespan in worms

Energetics/Nutrition
Strain specific metabolic responses to long-term caloric restriction in female mice

Fasting increases female, but not male, lifespan in spider mites

Review: Western diet as a trigger of Alzheimer’s disease

Review: Regulation of health and lifespan by dietary amino acids

Basic Biology
Novel DNA methylation biomarkers of aging

Novel biological clock based on inflammatory markers

Knockdown of JAK-STAT in ensheathing glia reduces age related declines in olfaction in fruit flies

Hearing difficulty is linked to Alzheimer’s by shared vulnerability in molecular pathways not shared genetic architecture

Glucose metabolism of the hippocampus is altered during aging in male mice

Growth hormone deficiency exacerbates later life osteoarthritis in mice

Review: RNA Polymerase III, Ageing and Longevity
Review: mTORC2 and autophagy regulation

Review: Targeting immune dysfunction in aging

Review: A critique of the hallmarks of aging

Review: Sirt6 and longevity

Ecology & Evolution
Female, but not male, Seychelle warblers lengthen their telomeres under periods of low stress

Amino acid substitutions associated with increased lifespan across mammalian species

Review: An evolutionary framework of senescence

Novel Organisms/ Comparative
Castration slows epigenetic aging in male sheep

Cecal appendix is correlated with mammalian maximum lifespan

How long do carnivores live in zoos?

Resveratrol supplementation increases longevity in the silkworm

Review: Neuropathology of aging primates

Review: Regeneration, rejuvenation, and replacement of aging tissues

Review: Eusociality and senescence

Epidemiology/Demography
Evidence of plateauing of mortality rates after age 105

Male master athletes have longer telomeres

COVID-19 and aging
Four alternative conceptual frameworks of COVID-19 and aging

Review: Healthy lifestyle to reduce the progression of Alzheimer’s during COVID-19

Clinical
Symptom led, bedside approach to detect dementia

Self-reported declines in energy levels are associated with increased risk of disability and death

How useful is Timed Up and Go as a clinical tool?

Care-giving
Improving technology in long-term care homes to improve person-centered care

Policy/Ethics
Food insecurity in older adults in Canada and the United States
Needs of LGBT+ older adults living in a rural, politically conservative area

Commentary
Introducing geriatric medicine to non-geriatricians

Aging Biology Update is brought to you by the UAB Nathan Shock Center and compiled by Jessica Hoffman, Heather Patterson, Joseph Palmer, and Steven Austad. Subscribe to this newsletter.