

AGING BIOLOGY UPDATE

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UAB NATHAN SHOCK CENTER OF EXCELLENCE
IN THE BASIC BIOLOGY OF AGING

Featured

[Reproducibility of preclinical cancer studies: Most are reproducible but with 85% lower median effect sizes](#)

[A new model of extended longevity and reproduction? An African tick can live 27 years](#)

[Plasma from male exercised mice improves neurogenesis in sedentary male mice](#)

[Cancer risk across mammals](#)

Headline vs Study

Headline: [Researchers find how exercise protects against consequences of aging](#)

Study: [Skeletal muscle NOX4 is required for adaptive responses that prevent insulin resistance](#)

Contrary or Null Findings

[Higher animal protein intake is associated with decreased risk of mortality in older adults](#)

[No evidence of age-related immunosenescence in wild purple crown fairywrens](#)

[Genetic variation in the klotho gene is not associated with longevity](#)

[High systolic blood pressure is associated with a decreased risk of dementia in older adults](#)

[Mendelian randomization study suggests high blood pressure is not a risk factor for cancer](#)

[Epigenetic age acceleration is not associated with age-related macular degeneration](#)

Energetics/Nutrition

[High protein diets increase senescence markers in the liver of male mice](#)

[Late-life exercise mitigates skeletal muscle epigenetic aging in mice of unreported sex](#)

[Interactions between NADH and SIRT1 during time restricted feeding](#)

[Review: Role of adipose tissue macrophages in age related adipose tissue dysfunction](#)

[Review: The protective role of exercise against age-related neurodegeneration](#)

[Review: Alpha-ketoglutarate dietary supplementation to improve health](#)

[Review: Shared molecular and epigenetic patterns of aging and obesity](#)

Basic Biology

[The flavonoid procyanidin C1 increases lifespan in aged male mice and may be a possible senolytic](#)

[Upregulation of CYTOR in skeletal muscle improves muscle strength and mass in aged mice of unreported sex](#)

[Social interaction with young female mice improves health of old female mice](#)

[Non-pituitary growth hormone is induced with aging](#)

[Machine learning algorithm better predicts future dementia than standard predictive models](#)

[Review: Increasing rigor in design, statistical analysis, and interpretation of aging research](#)

[Review: The role of cell senescence in women's reproductive aging](#)

[Review: Senolytics for skincare](#)

[Review: Autophagy in healthy aging and disease](#)

[Review: Differences in longevity and health effects of growth hormone versus IGF-I](#)

[Review: Sleep and biological aging](#)

[Review: Role of pregnancy and preeclampsia on maternal aging](#)

Ecology & Evolution

[Sex-related differences in aging rate are associated with sex chromosome system in amphibians](#)

Novel Organisms/Comparative

[Organization of the electron transfer system in long- and short-lived bivalves](#)

[Epigenetic clocks as a method to measure age in wild equids](#)

Epidemiology/Demography

[Mortality rates are lower overall in large compared to small cities in the US and Latin America](#)

[Living alone increases risk of death among working-age adults](#)

[Long working hours are associated with increased risk of negative health outcomes but not mortality](#)

[Association of telomere length and fat metabolism across populations](#)

[Review: Frailty in Indigenous populations](#)

Clinical

[Over 2% of hospital admissions are due to falls](#)

[Overmedicating older people increases fall risk](#)

Care-giving

[Developing clinical trials to address issues in long term care](#)

[Adult children provide little care to their parents if they live more than 5 miles away](#)

Policy/Ethics

[Gender differences in paid and unpaid working life expectancy in adults over age 50](#)

[Bioethics and gerontology](#)

[Using technology to improve clinical/patient interactions and improve healthspan in older adults](#)

[Strategies to prevent elderly suicide](#)

[Reducing stigma and discrimination of older gay men in healthcare settings](#)

Odd and Ends

[Anticipating the aging trajectories of superheroes in the Marvel cinematic universe](#)

[Urban green space improves mental health among older adults](#)

Aging Biology Update is brought to you by the UAB Nathan Shock Center and compiled by Jessica Hoffman, Heather Patterson, and Steven Austad. [Subscribe to this newsletter](#).



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