Featured

Comparative genomics of immortality

Short-term rapamycin protects gut health in older fruit flies and mice

Early life rapamycin treatment extends life- and health-span of Daphnia and male mice only

Can old plasma dilution reduce human biological age?

Intercellular transfer of telomeres rescues T cell senescence

Headline vs Study

Headline: Physical activity may have a stronger role than genes in longevity
Study: Associations of accelerometer-measured physical activity and sedentary time with all-cause mortality by genetic predisposition for longevity

Headline: Live longer: The food that may boost longevity by 18% - great 'potential against aging'
Study: Antioxidant and anti-aging potential of Juniper berry (Juniperus communis L.) essential oil in Caenorhabditis elegans model system

Headline: Could this little-known part of your cells help reverse aging?
Study: Plasmalogens eliminate aging-associated synaptic defects and microglia-mediated neuroinflammation in mice

Headline: Immortal jellyfish may prevent human aging, research says
Study: Comparative genomics of mortal and immortal cnidarians unveils novel keys behind rejuvenation

Headline: Here’s something unexpected: Sunbathers live longer
Study: Avoidance of sun exposure as a risk factor for major causes of death: a competing risk analysis of the Melanoma in Southern Sweden cohort

Headline: Risk factor for developing Alzheimer's disease increases by 50-80% in older adults who caught COVID-19
Study: Association of COVID-19 with new-onset Alzheimer’s disease

Contrary or Null Findings
No evidence for age-related loss of mtRNA quality in female mouse germline

Advanced biological age associated with improved antibody response to flu vaccine

Olfactory bulb pathology does not contribute to age-related olfactory impairment

Increasing age does not influence functional or quality of life outcomes following hip replacement

Nutrition and physical activity interventions failed to prevent frailty in pre-frail older adults

Hexosamine pathway activation does not extend lifespan in mice

**Energetics/Nutrition**

Nutrient sensing pathways regulate adult reproductive diapause in *C. elegans*

Aging impairs human unfolded protein response driving beta cell dedifferentiation

RCT: *Daily multivitamin-mineral supplementation may benefit cognition*

Phosphoinositide pathway mediates lysosomal repair in human cell lines

Multidimensional nutritional geometry approach to understanding healthy human aging

Association of adiposity, body shape and aging with cardiometabolic disease

Review: *Targeting cellular senescence in metabolic disease*

Review: *The role of nutrition in older person's fatigue*

**Basic Biology**

Sex difference in epigenomic instability during human aging

Hyperactivation of the proteasome extends lifespan in *C. elegans*

Serpin E1 (aka PAI-1) identified as pathogenic signal in fibroblasts from Hutchinson-Gilford progeria patients

Senolytics improve health in Sod1 knockout mice

Role of senescence in Myotonic Dystrophy type 1

Rag time: Rag dimer code determines amino acids regulation of mTORC1

Impaired circadian rhythm is associated with increased rate of human biological aging by three metrics

Review: *Aging and cancer epigenetics: Where do the paths fork?*

Review: *S6 kinase 1 plays central role in cell size and aging*

Review: *Deciphering clock genes as targets against aging*

Review: *Targeting senescence as an anti-cancer therapy*
Review: Evaluating biological aging with HIV infection

Review: Do intestinal epithelial cells contribute to the aging phenotype?

Review: Classifying senolytic drugs by mechanism of action

Review: Redox implications of methionine restriction

Review: A Brief History of Proteomics

Ecology & Evolution
Surveying sirtuins in early animal evolution

Could aging evolve as a pathogen control strategy?

End-of-life somatic mutation load similar across diverse mammalian longevities

Pesticide exposure has sex-specific, transgenerational effects on longevity in seed beetle (Callosobruchus maculatus)

Sex-specific foraging behavior drives disparity in mortality rates among northern elephant seals

Lifespan influences probability of species being reservoirs of human infectious disease

Novel Organisms/Comparative
Differential insulin signaling pathways activated or inhibited in an organ-specific manner associated with longevity in pseudo-queen ants

Evaluation of cognitive function in the Dog Aging Project

Bowfin (Amia calva) a long-lived freshwater fish

Hibernation slows epigenetic aging in big brown bats

Speed of HPA stress response associated with lifespan and environmental variability in birds

Lifespan shorter in yellow-bellied toad populations in human-modified environments

An accurate epigenetic clock for loblolly pine (Pinus taeda)

Epidemiology/Demography
Health inequalities by education level greater for women

Women’s epigenetic age acceleration associated with multimorbidity at age 90

Early life exposure to air pollution associated with accelerated aging in later life

Absolute, but not relative, cohort BMI associated with higher mortality rate

Childhood adversity, unhealthy behavior and accelerated phenotypic aging

After adjustment period, retirement preserves health
Epigenetic clocks detect health differences due to sex, BMI, and smoking among Finnish twins

Shorter reproductive life span is associated with increased mortality risk in women

Education and lifestyle associated with disability-free life expectancy in women

Measures of population aging as a tool for driving healthy longevity

Life expectancy declines for third consecutive year in USA

Economic consequences of achieving healthy longevity

Review: Critical appraisal of the role of diet in “Blue Zone” longevity

Clinical
Short and long sleep duration associated with decreased life expectancy

Polypharmacy increases prevalence of inappropriate medication use among US veterans

Promoting continence in older people

Aging and sex differences in ventricular arrhythmias in acute myocardial ischemia

Care-giving
Costs of family caregiving outlasts the care

Staff-resident co-designing nursing home services

The role of day-respite centers in supporting people with dementia

Collaborating to create culturally appropriate quality-of-life measures

Knowledge gaps impinge on end-of-life decisions

'I want to die on my own terms'

Review: Needs of family caregivers of older adults with dementia

Policy/Ethics
Defending reproductive rights to promote healthy aging

Levels of “hype” in successful NIH grant applications 1985-2020

Factors associated with mortality among homeless older adults in California

US requires open access for federally funded research by 2026

Who deserves humane treatment?

Lack of sex and gender reporting policies in biomedical journals

Intergenerational contract in aging democracies
Framework for collaboration and partnership in aging research

Review: Policies to support oral health in aging populations

Commentary
What’s in a name? SASP meets RASP

Defining outcomes: Healthspan vs Lifespan

Profits of healthy aging

When private equity takes over a nursing home

Roald Dahl and a macabre tale of aging

Not a disease? The ICD classification of aging

Review: Preserving independence among older adults in the Deep South region

Odd and Ends
Call for abstracts: HIV and Healthy Longevity

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