

Aging



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What is aging

- These are various changes that accumulate in the body with age and make it more vulnerable, reduce its ability to survive. Due to such changes, the likelihood of mortality increases over time, since both aging and decrepitude negatively affect the vitality and functional characteristics of the body.



How exactly do we age?



- Everything starts with cells. A person enters the active phase of aging, when the body runs out of cells that have the opportunity to renew itself. They grow old, but do not die yet. They can even still have a metabolism, though not as active as before.

How exactly do we age?



- As before, proteins are produced in the cells, but the ongoing changes do not allow them to maintain their former effectiveness. The task of the organism is to limit the reproduction and growth of damaged senescent cells in order to avoid mutations and their transmission to cellular progeny.

What happens to the heart with aging?



- The blood vessels thicken, making it difficult for the heart to pump blood. In the heart muscle, changes occur that allow you to adapt to a higher load. As a result, the heart rate may decrease. However, even if it remains the same, during sports it will not increase as actively as before.

There are
three types:

- The science of gerontology deals with the study of aging processes in order to prolong human life and prevent senile diseases. Scientists noted that aging occurs in different ways, it can begin or earlier.
- natural aging
- Premature aging
- delayed aging

natural aging



- Age-related changes usually occur gradually and in different ways in different people. Sometimes, as early as 60 years old, a person can turn to a dementia nursing home, and in other cases, even at 80 years old, people retain mental clarity and activity.
- Around the age of 40-50 years, the joints begin to lose flexibility and mobility, it becomes more difficult to move quickly, run and jump. By the age of 50, strength drops by 7% compared to 45 years, and by the age of 60 by about 35%. If a person constantly trains and plays sports, these changes are somewhat delayed.

Premature aging



- If wrinkles, lines and wrinkles normally appear between the ages of 20 and 30, then in people with a problem of early aging, this may be earlier. Scientifically, this happens when a person's biological age exceeds their chronological age.
- In this case, changes in the emergence and psyche occur faster than usual. It is believed that such processes are unfavorable conditions of life, especially stress, severe diseases. The main signs of premature aging are fatigue, weakness, nutrition.

delayed aging

- This type of aging is inherent in a small number of people. Most often these are residents of high-altitude and mountainous regions. All centenarians are united by a low level of blood pressure, but scientists still find it difficult to pinpoint the factors leading to longevity.



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FOR YOUR
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