

## **TITLE: BIOMARKERS OF AGING-STILL A HIDDEN DISCOVERY**

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America's leading researchers, biologists and clinicians are working together to verify that "aging is not inevitable and immortality is within our grasp". The extensive research and available knowledge has made us believe that bio markers of aging exist and we can easily predict the onset of aging in an individual and it is possible to treat the individual's condition using anti-aging therapy thus increasing the life span.

**AGING-** changes in body over time, it can be good or bad. Increase in knowledge and wisdom is a good sign of aging, physical changes in body like wrinkled skin, baldness and adverse changes in the body mechanism and organs are all bad changes due to prevailing signs of aging. Many people also show signs of disease like osteoporosis, arthritis and certain age defying disease like compromised kidney function, heart function etc.

Thus, it's a process that converts a health fit adult to a less fit individual with increased chances of illness, injury and death.

Two treatments discovered to slow the process of aging are 1) anti-oxidant therapy and 2) hormone replacement therapy using Estrogen, Progesterone, and Growth Hormone. So far, the trials done using hormone replacement therapy gave positive effects but it has side effects of increased chances of cancer, organ failure and behavioral disorders. The experts have still not recommended the excessive use of anti oxidants and hormones to redefine aging, and still demand an extra time to over look this study.

Along with the treatments the Clinicians have focus on change in lifestyles and eating habits to stay fit, healthier and young over a longer period. It is always desirable to quit smoking, tobacco, eating healthier food with all required nutrients, and exercise keeps a person fit, away from disease and other risk factors.

Before you need to identify the Bio-markers of Aging it is advisable to keep into consideration the identification markers of diseases, monitor normal body functions and keep reducing other risk factors, because they are easily achievable and cost effective. The age defying treatments are very costly and still the trials are limited to laboratory animals because of possible side effects. The goal is to identify these Biomarkers to increase the life expectancy and lead the process of aging in a healthier manner as long as a person lives.

**OVERVIEW OF THE WORKSHOP-** The participants of the workshop gathered at Canyon Ranch Health Resort to discuss on the identification of Biomarkers of Aging. The main contributors to share the findings so far were The International Longevity Centre, The Ellison Medical Foundation, Kronos Longevity Research Institute and The Institute for the Study of Aging. The studies covered two parts: in the first, the process of aging was discussed along with

the identification and recognition of Biomarker of aging, and in the second part, different risk factors were studied which can hinder a person to lead a healthier life.