

Comprehensive research shows that the status of biological aging is slowing down

A comprehensive new study from Yale University and the University of Southern California (USC) has found that Americans seem to be aging slower than 20 years ago.

Everyone wants to live longer and turn back time to rejuvenate. Referring to this problem, scientists have been studying some stimulants like drugs, stem cell treatments and limiting caloric. But how effective have these efforts been? A comprehensive new study from Yale University and the University of Southern California (USC) has found that Americans seem to be aging slower than 20 years ago.



If anyone asks your age, you will have to answer the age according to the number of years you have lived since you were born. However, another age is related to the lifestyle and genetic factors you might think of as the biological age.

This is the second indicator that the new study focuses on.

Researchers collected data on health and nutrition from more than 21,500 people, calculating their biological age and comparing it to their current age, to see how the difference may have changed between In 1988 and 2010. To determine the biological age, the group used a variety of health indicators such as blood pressure, breathing ability, and the number of certain biochemical markers in the blood, including hemoglobin, cholesterol, creatinine, alkaline phosphates, albumin and C-reactive proteins

In the study, the researchers observed a general trend that showed a lower biological age. Currently, the difference between the biological age and the age-based age of patients seems to be higher in the elderly, and in men is higher than that of women compared to the previous period.

The researchers say this is the first evidence that aging slows down at a national scale and that positive results may at least come from reducing smoking, improving medicine and living behavior. healthier.

It has been proven that the average life expectancy has increased for decades, but new research shows that this is not only the latest sign that can keep patients living longer.

Our health is also improving - our survival rate is gradually improving thanks to good health.

Levine said: "**Long life without changing the speed of aging in the community will have detrimental meanings. The cost of health care will increase, because people spend more time on life. However, increasing the life expectancy through reducing the rate of aging will lead to lower health care costs, a higher welfare regime. "**

The study was published in Demography magazine.

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