



## Molecular Mechanisms in New Strategies for Longevity

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### Message from the Guest Editor

Dear Colleagues,

In addition to the classic support of diet, exercise, and rest, there are now a variety of approaches to achieving longevity. The prevention of diseases that are among the leading causes of death is one such approach, as is the prevention of obesity, diabetes, and atherosclerosis.

Biological age, which measures aging not by calendar age but by physiological function, is considered an important indicator of aging. Rejuvenating this biological age is what delays aging and leads to longevity. Various approaches to this end are represented, including lifestyle modification, exercise and physical activity, medication, foods, and dietary supplements.

Prof. Dr. Yoshinari Uehara  
*Guest Editor*





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