



Second Edition of Aging: From an Evolutionary Perspective to Challenges for Healthy Aging

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Message from the Guest Editor

The aging of humans is a biological, physiological, and socially dynamic process. According to the World Health Organization, at the biological level, aging results from the impact of the accumulation of multiple forms of molecular and cellular damage in different tissues over time, as a consequence of failure of conserved signaling and cellular maintenance pathways. Sustaining aging with reduced disability requires an extensive understanding of the underlying mechanisms of aging, which are yet unknown, but where genetics may represent a powerful tool.

Preventive interventions aimed at slowing specific effects of aging remain a complex and inconsistent process, and few intervention regimes have been successful. Going forward, we must further evoke the bio-psychosocial aspects of human aging while planning preventive interventions.

To face the challenges of aging, we need a deeper understanding of the bio-psychosocial bases of this phenomenon. On this basis, in this Special Issue, we aim to gather knowledge regarding aging and identify the gaps that we further need to investigate in order to promote healthy and active aging.





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Message from the Editor-in-Chief

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