



Aging: From an Evolutionary Perspective to Challenges for Healthy Aging

Guest Editor:

Message from the Guest Editor

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The aging of humans is a biological, physiological, and a social dynamic process. According to 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 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, on which genetics may pose as a powerful tool.

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

To face up to the challenges of aging, we need further understanding on the bio-psycho-social bases of this phenomena. On this basis, in this Special Issue, we aim to gather the ultimate 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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