



## **Aging, Natural Bioactive Compounds and Non-communicable Chronic-Degenerative Diseases**

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### **Message from the Guest Editors**

Dear Colleagues,

Life expectancy today is longer than it used to be; at the same time, the geriatric world population is increasing exponentially and is projected to rise further in the decades to come. Moreover, the number of patients affected by chronic non-communicable diseases (CNCDs) such as chronic kidney disease, diabetes mellitus, arterial hypertension, cardiovascular diseases, and neuro-degenerative diseases, often related to aging, is increasing, having a negative impact on Public National Health costs.

In this scenario, it is essential to study new, alternative strategies that allow us to counter the comorbidities onset and to improve the quality of life of the geriatric population. Natural bioactive compounds are food-derived molecules that, without side effects, could be useful as adjuvant treatment in the prevention and clinical management of CNCDs. Among natural bioactive compounds, polyphenols play a key role, and numerous studies suggest that they exert antioxidant, anti-inflammatory, and anti-aging effects





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