

# Introduction

During the last few years, tremendous progress has been made in our understanding of the biological basis of aging. Biogerontology is now a respectable and well-established field, and several universities, medical institutes and research centers throughout the world offer full-fledged courses on this topic. Most importantly, biogerontologists are now in a position to construct general principles of aging and explore various possibilities of intervention using rational approaches. While not giving serious consideration to the claims made by charlatans, it cannot be ignored that several researchers are making genuine attempts to test and develop various means of intervention for the prevention and treatment of age-related diseases and for achieving healthy old age.

*Aging Interventions and Therapies* takes status of the molecular, cellular, hormonal, nutritional, medical and lifestyle strategies being tested and applied for the prevention, intervention and treatment of age-related diseases. The articles included in this book are specially written for this compendium by internationally leading researchers and practitioners at the universities, research institutes, hospitals, clinics and cosmetics and pharmaceutical industry. Furthermore, a philosopher and bioethicist addresses the ethical questions related to anti-aging and longevity promoting

research, biodemographers discuss the practicality and impracticality of human lifespan extension, and a theoretical biologist-cum-biofuturologist reviews the futuristic technologies in development which will have serious bearings on aging intervention.

The target readership of *Aging Interventions and Therapies* is the undergraduate and graduate students in the universities, medical and nursing colleges, and post-graduates taking up studies and research projects on different aspects of aging and anti-aging. Practicing clinicians who would like to know about the latest developments in the field of aging intervention and therapy will find this book very useful. The topics covered in this book are also highly relevant for pharmaceutical, cosmeceutical and nutrition and healthcare industry for an easy access to accurate and reliable information in the field of aging research and intervention.

Suresh I.S. Rattan, Ph.D., D.Sc.

*Editor*

*Danish Centre for Molecular Gerontology,*

*Department of Molecular Biology,*

*University of Aarhus,*

*Denmark.*