

General outline of Aging

Biologic potentiality
(life span potential) ←

DNA

Changes
because of

- > Programming
- > Casual error

Accelerators of
aging

Endogenous

Exogenous

Alterations:

Cerebral – vascular – immunologic
– collagenous – endocrine –
metabolic – digestive – enzymatic
cutaneous – haematic – renal
osseous/articular – molecular

Accumulation of free radicals

Balancing [inflammation (+)
antiinflammation (-)

Unhealthy lifestyle:

- > Physical and mental inactivity
- > Smoking
- > Excessive alcohol intake
- > Malnutrition
- > Excessive stress

Atmospheric agents

Diseases, drug abuse