

BIOLOGY OF AGING

B.M.C. Durfee High School



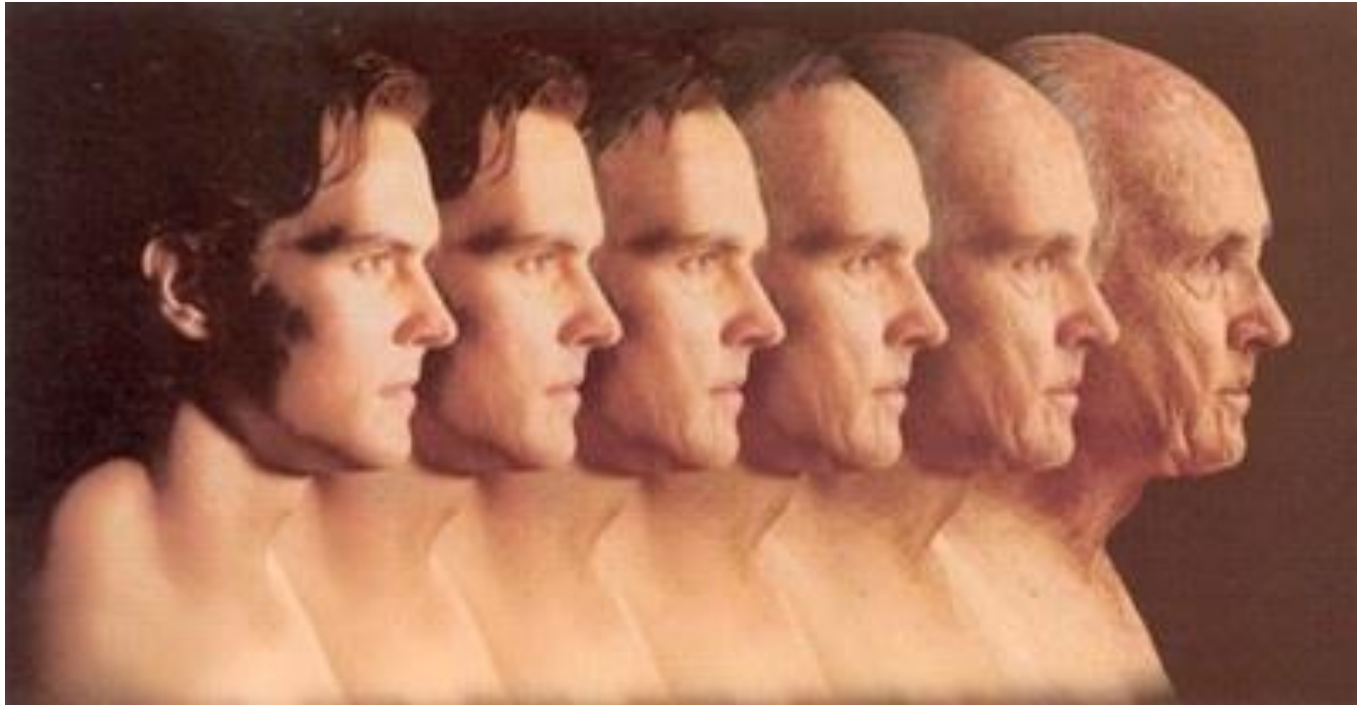
Objectives

- Identify why we should study aging
- Describe problems associated with aging
- Identify theories on aging



BIOLOGY OF AGING

- Aging is the process of getting older
- Gerontology is the study of aging



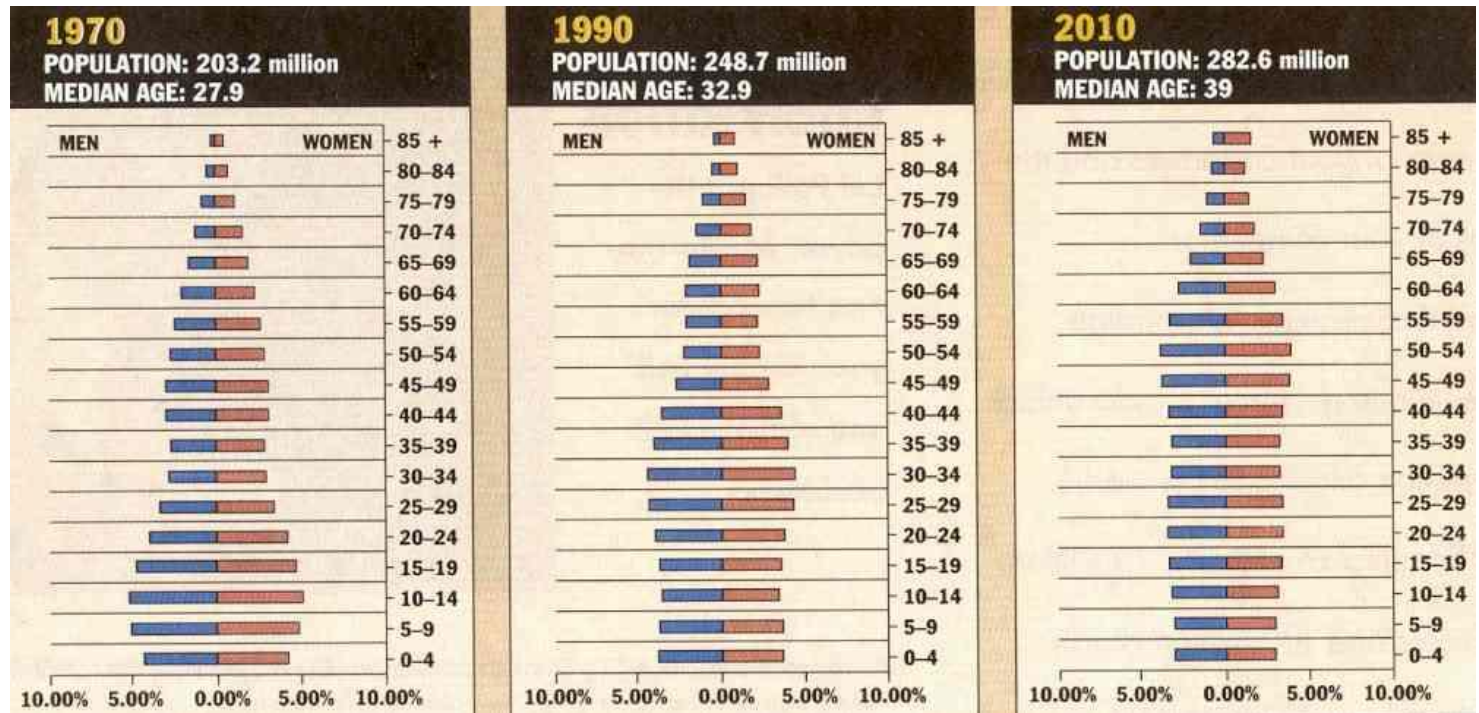
Why study aging

- Increase in number of people age 65 & over
- 1970: 10% of population is elderly; 2030 projected that 21.2%



Why study aging...

- Population pyramids (usually only a few at top and many at bottom, now many are getting older)



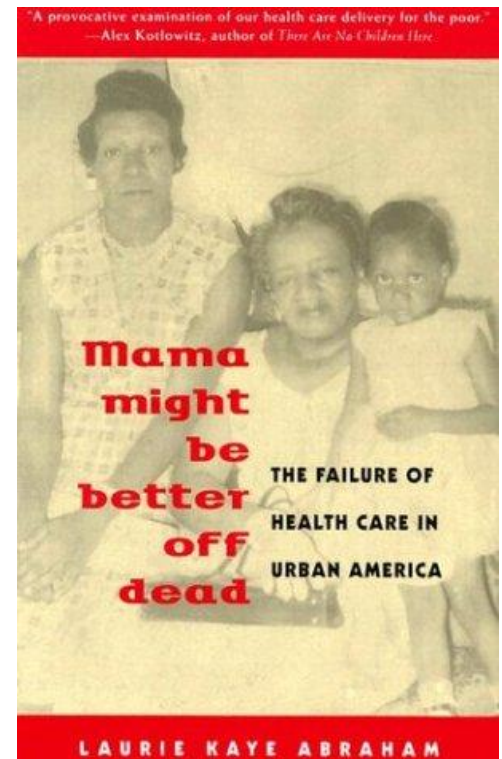
Why study aging...

- Why are more people getting older?



Aging & Health

- Aging upsets ability to maintain homeostasis
- Why is this a societal problem?
- Mama Might Be Better Off Dead
- Whose responsibility is it?



Aging Video



Terms associated with aging

- Aging: process of growing old



Terms associated with aging...

- **Senescence: deleterious effects associated with increasing age**



Terms associated with aging...

- **Senility: mental and physical deterioration associated with increased age**

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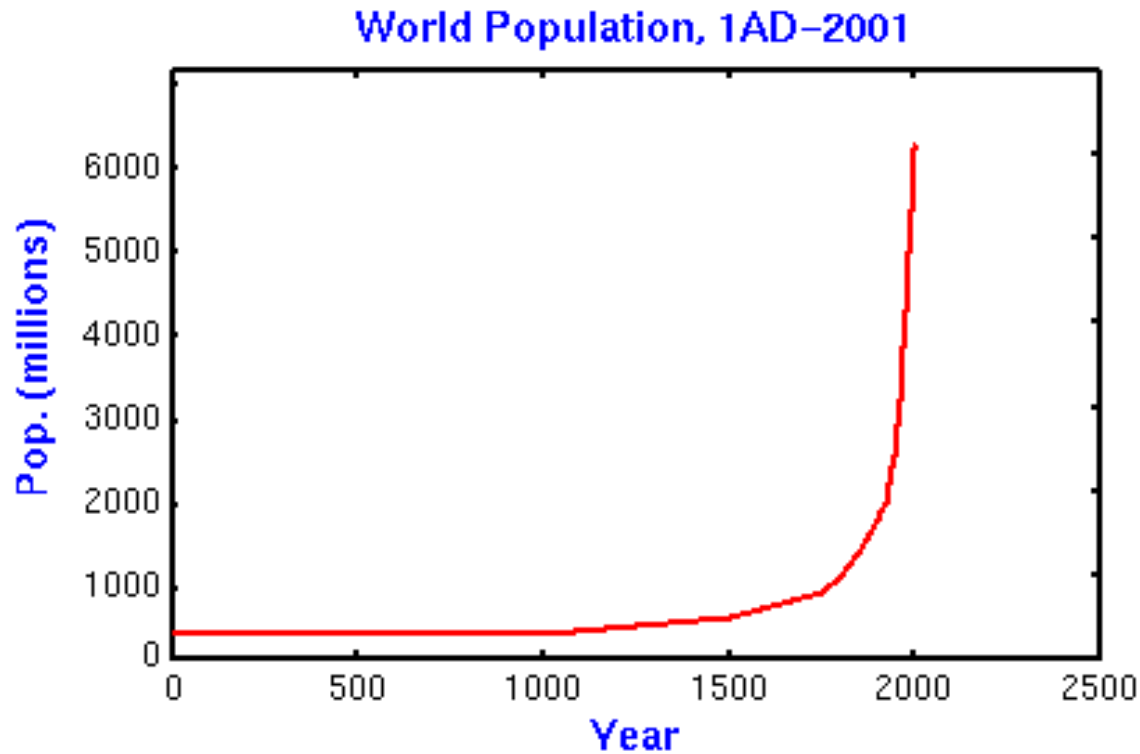
Terms associated with aging...

- Life span: how long humans can live



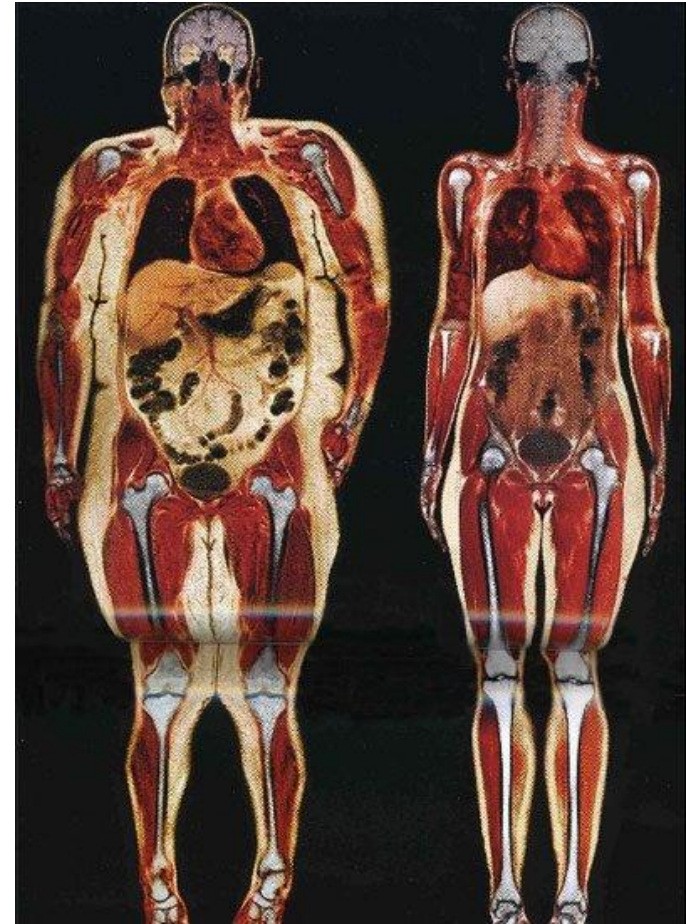
Terms associated with aging...

- Life expectancy: how long a person is expected to live



General Aging Changes

- **Body Structure**
 - **Loss of height**
 - **Deterioration of muscle**
 - **More fat**
 - **Gain weight until 50/60 and then lose weight**



General Aging Changes...

- **Body Composition**
 - **Less water in body**
 - **Skin fold thickness changes**



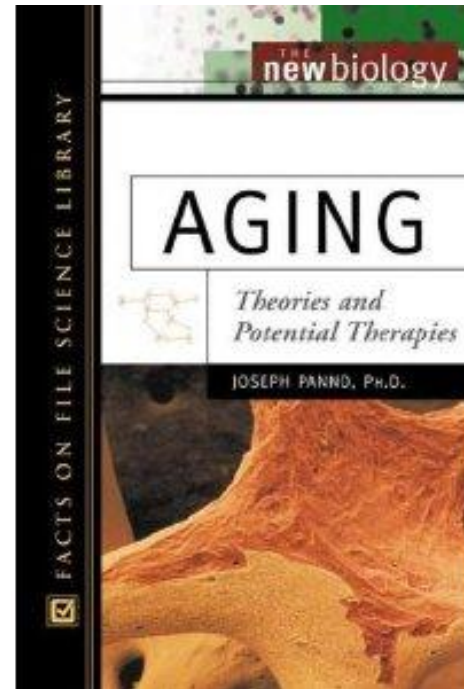
Other Aging Changes

- What other things do we associate with aging?



Aging Theories

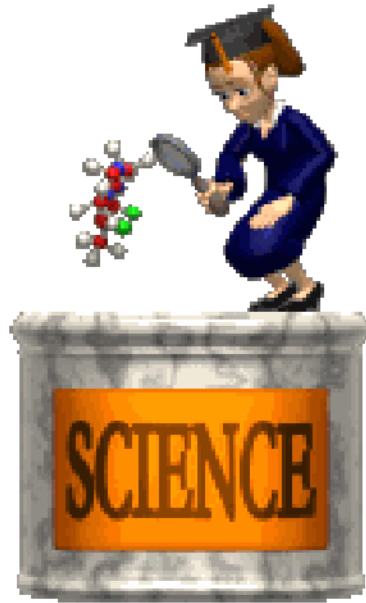
- **Aging by Program:** when we age is determined in our genes
- **Accumulation of Errors:** accumulate random errors until cell death
- **Wear and Tear**
- **Autoimmune**



Review

- Identify why we should study aging
- Describe problems associated with aging
- Identify theories on aging





Learn Long
Live Long