



Anti-Aging Medicine and Related Scientific Approaches

Caroline de Godoi*

Department of Aging Medicine and Aging Research, University Hospital Zurich and University of Zurich, Zurich, Switzerland

ABOUT THE STUDY

The anti-aging movement is a global movement dedicated to eradicating or reversing the consequences of aging. A significant element of the movement's focus is on the possibility for life extension, but there is also interest in procedures such as cosmetic surgery that alleviate rather than delay or overcome the consequences of aging.

This movement has numerous scientists with various approaches. Ray Kurzweil, who believes that humanity, can fight aging through technological advancement, and Aubrey de Grey, who believes that the human body is an incredibly complex mechanism that can be repaired indefinitely, is two of the most popular proponents of the anti-aging movement.

Anti-aging medicine

Anti-aging medicine has emerged as an expanding and fast increasing medical specialty, with organizations such as the American Academy of Anti-Aging Medicine educating and certifying physicians who actively seeks therapy for themselves.

Human growth hormone: The prescription of human growth hormone is important to anti-aging treatment. Clinical investigations have indicated that low-dose growth hormone (GH) treatment for people with GH insufficiency improves body composition by increasing muscle mass, decreasing fat mass, and boosting bone density and muscle strength.

It also increases cardiovascular parameters and promotes quality of life without causing substantial negative effects. Yet, it is also believed to have potentially serious side effects when utilized in injectable form if strict protocols are not followed. It is not approved for use in healthy aging people, though the restriction is occasionally bypassed by a diagnosis of some injury, organic ailment, or adult growth hormone shortage that has allegedly resulted in decreased hormone output.

Menopausal hormone drugs: The increased use of oestrogen has been associated with a higher probability of cancer. Subsequently, the Women's Health Initiative investigation into the long-term effects of oestrogen on postmenopausal women found indications of major negative effects.

Hormone prescribers are now using low doses of the medications. Hormone therapy is normally only indicated for postmenopausal women at high risk of osteoporosis when non-hormonal treatments are ineffective.

Hormone therapy is neither appropriate nor recommended for the treatment of cardiovascular disease, dementia, or the prevention of cognitive decline in postmenopausal women. Long-term hormone therapy has not been shown safe for women under the age of 50.

Senolytics: A senolytic is a type of tiny chemical that is being studied to see if it may specifically promote the death of senescent cells and enhance human health. The discovery or development of drugs to avoid, prevent, alleviate, or reverse age-related disorders is one of the goals of this research.

Scientific approaches

Bio gerontology is a scientific field that has the same specialization as gerontology but takes a more conservative approach. Caloric restriction is a phenomenon included in anti-aging approaches that focuses on calorie depletion and taking the proper amount of nutrients required for growth.

Calorie restriction: Calorie Restriction (CR) is a dietary limitation that focuses on consuming fewer calories in order to promote longevity and decrease age-related disease in humans. Calorie restriction maintains a low calorie intake, which helps to manage the process of aging and promotes an individual's or animal's youthfulness.

Reduced calorie consumption has been linked to a negative energy balance, which supports a low body mass index (BMI) and relatively high plasma dehydroepiandrosterone (DHEA) for a longer life. Pregnant women and others with pre-existing medical disorders, such as diabetes, have long noted calorie restriction.

The proper amount of calorie restriction can assist pregnant women gain weight, whereas a considerable decrease in calorie intake can cause hypothalamic abnormalities that have long-term lasting effects in the kids. Mild CR in diabetic patients improves insulin sensitivity and lowers hepatic fat in obese people with type 2 diabetes.

Correspondence to: Caroline de Godoi, Department of Aging Medicine and Aging Research, University Hospital Zurich and University of Zurich, Zurich, Switzerland, E-mail: CarolineDG123@gmail.com

Received: 03-Feb-2023, Manuscript No. HAR-23-22083; **Editor assigned:** 06-Feb-2023, PreQC No. HAR-23-22083 (PQ); **Reviewed:** 21-Feb-2023, QC No. HAR-23-22083; **Revised:** 28-Feb-2023, Manuscript No. HAR-23-22083 (R); **Published:** 07-Mar-2023, DOI: 10.35248/2261-7434.23.12.162

Citation: Godoi CD (2023) Anti-Aging Medicine and Related Scientific Approaches. *Healthy Aging Res.* 12:162

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